

MAY
25 CENTS

How I Cured "Nerves"

PHYSICAL CULTURE

*Does She
Look
Seventy?*

WILL YOU?

See Page 17

*How Long
Will You
Live?*

*How to
Find Out*

*Your Child's
Weak Point*

*How to
Correct It*

*Cure
Yourself
by
Sunshine*


G. Williamson

Strengthen and Correct Your English By New Invention

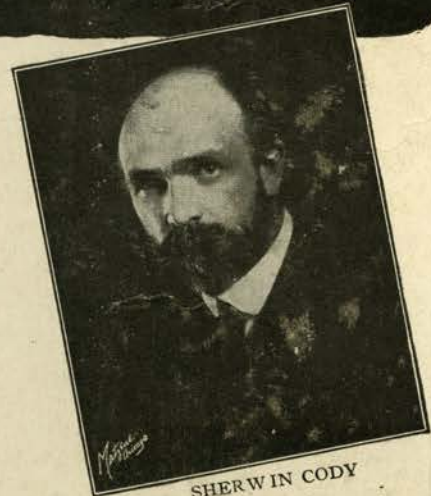
Only 15 minutes a day with Sherwin Cody's great invention will give you the command of language that insures success financially and socially.

CRISP, Hard-hitting English is the great driving force of modern business. Today, the demand is for men who can speak and write clearly, forcefully and convincingly.

A mastery of Language indicates the right to a responsible position and the ability to hold it. It is the mark of the mentally alert man!

If you make mistakes in grammar, spelling and punctuation, if you use flat worn-out words and expressions, if your pronunciation is faulty and repellant, you are working under a tremendous handicap. You are advertising your own incompetence.

Power of language can be yours. The famous "100% Self Correcting Device," Mr. Sherwin Cody's wonderful invention perfected after twenty years of scientific investigation and study, places the Mastery of English which means **SUCCESS**, within the reach of everyone.



SHERWIN CODY

An invention which improves your English at once

Sherwin Cody's amazing system (pat. Oct. 15, 1918) is the result of his own researches into the unsatisfactory teaching methods employed in our schools. Years ago business men began to ask the question, "Why can't they give us men who speak good English? What is wrong with the system?" Mr. Cody set out to answer that question. He went to 150 corporations, and examined the employees and talked to the employers. He looked into the methods used in our schools and colleges—and from the data thus acquired he has built his entire system.

He found that the trouble with the old systems was, that what they taught *would not stick*. Rules, definitions, explanations, exceptions—all the mass of detail which encumbered the teaching of the English language, served only to confuse the student, and could neither be applied nor remembered. Mr. Cody decided that the way to teach English was to instill into the mind of the student the *habit of correctness*—with that end in view he perfected and patented this great invention which has revolutionized teaching, cut the time element by several hundred per cent, and *does*

"form the habit" of speaking and writing correct forceful English.

It seems almost like magic. You write your lesson, whatever it may be, spelling, punctuation, grammar, letter writing, etc., in the space provided; then you see underneath just how Mr. Cody would correct it. You mark your errors, and try the same lesson later to see how many errors you have overcome. You see at a glance where you have improved. You know at every step just where you stand. It is as if

Mr. Cody stood at your elbow every minute to correct and help you. Progress is unbelievably rapid. In recent tests students of Mr. Cody's method improved more in *five weeks than students of other methods did in two years*. And the wonderful part about it all is that only fifteen minutes of your spare time each day are necessary.

Language Power and Money Power

What is the one great characteristic which has marked every great man since history began? What made him stand out from the crowd? To what special quality do the leaders of the world in every field of activity today owe their successes? *It is the Power of Language*—the power which enables them to sway men to their will; the power with which they drive home their own thoughts and policies. It is the power which makes history, changes national boundaries and swells incomes!

A well-known millionaire once said, "I know of no ability more valuable to the business man than the ability to speak and write good English." He knew what he was talking about—Language Power wins every time. All business is a game of buying and selling. Everyone has something to sell, whether it be buttons or brains. What you are selling makes no difference—you cannot be a good trader unless you tell others what you have in a way that will make them want to buy it. You must convince the buyer that what you have to sell is worth more to him than the money he is paying for it. Words are the weapons with which you fight your everyday battles. The man who is expert in the use of these weapons is the man who achieves recognition and position.

The Wonderful "100% Self-Correcting Method"

This astonishing **INVENTION** upsets all the old standards of teaching. By

careful analysis Mr. Cody discovered the faults embodied in the old methods and has remedied them. Useless rules, hard to remember, impractical definitions, lengthy, uninteresting exercises have all been cast aside. The time usually required for a comprehensive study of English has been cut down by several hundred per cent. Fifteen minutes spare time each day gives you a command of language that enables you to compete with men who have spent years in school and college studying to acquire a mastery of English. You need no longer work under the terrible handicap of poor English—Mr. Cody's great invention places Language Power within your reach.

Amazing Book Free

A new book has been written explaining Mr. Cody's "100 per cent Self-Correcting Method." It shows how and why it was evolved, and gives the results it has produced. It defines Language Power and shows you how you can acquire it in fifteen minutes of fascinating study a day, and why you should acquire it. If you want to get ahead this book will be a revelation to you.

Write today. Every day you put it off means an actual loss to you. Don't needlessly handicap yourself by using poor English. Detach the coupon below and mail it **AT ONCE** or just write a postal card, **BUT DO IT NOW**.

Sherwin Cody School of English, 85 News Building, Rochester, N. Y.

SHERWIN CODY SCHOOL OF ENGLISH
85 News Building, Rochester, N. Y.

Please send me at once New Free Book explaining about the "100 per cent Self-Correcting" Course in English.

Name

Address

City

State

Excerpts from Letters

I have examined a number of English courses and believe that there can be no improvement over the Sherwin Cody "100% Self-Correcting Course."

Francis de S. Ryan,
Washington, D. C.

I cannot too highly recommend it.
Paul R. Snyder,
Saugerties, N. Y.

Your course is without doubt the plainest, surest and most direct route to good usable everyday English.

Jed Scarborough,
Brooklyn, N. Y.

I do not believe there are any other publications in the field that can compare with yours.

Walter D. Moody,
Chicago, Ill.

The ability to use the English Language correctly is a fine asset for anyone—especially those engaged in business.

C. R. Hebble,
Cincinnati, Ohio.

Be a MAN ~ Not a MISFIT



LIONEL STRONGFORT
Dr. Sargent, of Harvard, declared that "Strongfort is unquestionably the finest specimen of physical development ever seen."

Send today for your copy of "Promotion and Conservation of Health, Strength and Mental Energy." It's free, but the information which it contains will be of inestimable value to you. It will tell you how you can, without medicines or drugs, and without the use of expensive apparatus, build yourself up to perfect health—how you may become a strong, healthy man. It will point the way to social and business success and to happy domestic life. It will show how to attain complete enjoyment of all your faculties and the full realization of all the blessings and joys of living. In short, it will tell you how to REALLY LIVE, by devoting a few minutes every day, in the privacy of your own room if you wish, to following my easy, simple instructions. Fill out the coupon at the right and mail with three 2c stamps to cover packing and postage and you will receive your copy by return mail, with a personal letter from me concerning the subject or subjects in which you are most interested. Sending for this book will not obligate you in any way but it will show you how to attain to a fuller, freer, gladder, more perfect life. Take the first step toward their attainment by mailing that coupon now.

LIONEL STRONGFORT

PHYSICAL AND HEALTH SPECIALIST

1265 STRONGFORT INSTITUTE

NEWARK, N. J.

DO you enjoy every moment of every waking hour? Do you find zest in living? Is your work a continual source of genuine pleasure? Do you prosper and advance in every undertaking? Does your personality compel and attract all with whom you come in contact, both men and women? Do you enjoy sound restful sleep and awake refreshed and stimulated?

If You Can't Answer "Yes" to All These Questions, BEWARE

It is heartrending to consider the unfortunate human beings who are missing the best things of life; who merely exist from one weary day to another, spending night after night in restless or disturbed slumber from which they arise fatigued and weary instead of bubbling over with enthusiasm and vim. They long for success but never attain it, and dream of happiness but never grasp it. They drag out a weary existence and never experience the keen joy of living which is the birthright of all. It is heartrending to consider these conditions because, unless remedied, they go from bad to worse, eventually wrecking the lives and happiness of their victims.

So Much Needless Suffering

I wish that sufferers everywhere could realize that 90% of all the ills of humanity are absolutely unnecessary—that they can be easily and quickly overcome and forever avoided. Every ailment whether serious or trifling, that interferes with the complete joy and success of any man or woman, is the direct result of consciously or unconsciously breaking Nature's laws—laws which operate with unfailing certainty. The day of reckoning comes as certainly as dawn follows dark. There's no escaping it and your success or failure, your happiness or suffering depend absolutely on whether you observe or ignore these laws. But if nature is severe she is also equally kind, and just as surely as she punishes disregard of her laws, just so certainly will she reward their observance. Don't think despairingly that there is no help for your condition: that you must go on only half living; that you must poison your system with harmful drugs or submit to costly dangerous operations. If you will but give Nature an opportunity the very laws that are responsible for your present state will surely work to return you to robust, glowing rugged health.

Don't Remain Handicapped

In business and social life, the world today demands men of force, vigor and strength—men whose muscles, minds and nerves are perfect. And if one of these is defective, all are bound to be. Man is a wonderful machine, all parts of which work together in harmony—or discord. Damage one part and you damage all. Build up one member and the entire structure is benefited. Unless you have stamina, power and virility, which are possessed only by the physically perfect, you are doomed to inevitable and certain failure. But it is easy—so easy and simple to gain superb physical health, the consequent mental energy and all the good things that come naturally to those that have it, if you get into the hands of a man with the right kind of experience behind him. All who neglect the opportunity to acquire it are committing a crime against themselves and against society.

Follow Nature's Way

Real, lasting health was never found in pill boxes and medicine bottles. There is one method and only one by which it can be gained and kept; and it is the easiest, surest method. It is by assisting Nature to work in her own way in the building up of tissue, nerve and muscle, by means of her own marvelous recreating, rejuvenating power.

The Strongfort Method is Nature's Way

My life has been devoted to studying the attainment and fostering of perfect health by natural means—the only means which produce permanent, lasting results. I began by building and developing myself until I became known as "the strongest man in the world." I know every muscle and nerve in the human body. My own condition proves this, and gives me the right to instruct others to attain what I have attained. Nature's laws work alike in man, woman, and child, and what I have done for myself and for thousands of others all over the world, I can do for you. What right has any man to advertise to teach others if he, himself, is not perfectly developed and a student in anatomy?

For Sick or Well

No matter what your present condition, STRONGFORTISM IS FOR YOU. If you are one of those rarefortunates who enjoy physical and mental perfection, you know how priceless they are. You would not part with them for all the money in the world. My methods will show you how you can surely and permanently keep them. Or if you are a sufferer—no matter what your condition or what its cause, Strongfortism will surely help you. You will see a noticeable improvement after the first few days, and after the first few weeks you will be so delighted with the results and will find so much actual pleasure in following my instructions that you could not be induced to discontinue. This has been the case with others whom I have helped and it will be the case with you.

My Free Book Explains All

FREE CONSULTATION COUPON

Mr. Lionel Strongfort, Newark, N. J.—Please send me your book "PROMOTION AND CONSERVATION OF HEALTH, STRENGTH AND MENTAL ENERGY," for postage of which I enclose three 2-cent stamps. I have marked (X) before the subject in which I am interested.

..Colds	..Stomach	..Despondency
..Catarrh	..Disorders	..Round Shoulder
..Asthma	..Constipation	..Lung Troubles
..Obesity	..Biliousness	..Increased Height
..Headache	..Torpid Liver	..Stoop Shoulders
..Thinness	..Indigestion	..Weight Lifting
..Rupture	..Nervousness	..Muscular
..Lumbago	..Poor Memory	..Development
..Neuritis	..Rheumatism	..Great Strength
..Neuralgia	..Impotency	..Advanced Course
..Flat Chest	..Gastritis	..Many Weight
..Deformity	..Heartweakness	..Barbell
..(Describe)	..Poor Circulation	..Professional
..Insomnia	..Clon	..Training
..Short Wind	..Skin Disorders	..Weak Eyes
..Flat Feet	..Falling Hair	

1265

Name.....

Age.....Occupation.....

Street.....

City.....State.....

WRITE PLAINLY

PHYSICAL CULTURE

VOL. XLIII

FOUNDED BY BERNARR MACFADDEN

NO. 5

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A Perfect Voice Is Priceless!

Yours can be made perfect

—The Feuchtinger Method
of Voice Culture will do it

THINK what your voice means to you—what a priceless possession is a PERFECT voice!

For singing, public speaking, for conversation—the trained, fully cultivated voice gives any man or woman an immense advantage over those who neglect to improve Nature's best gift.

Any Voice Can Be Developed

The Feuchtinger Method of Voice Culture will develop the most ordinary voice into a thing of beauty—a power to arouse admiration and compel success.

This method is an absolute science of voice culture. It develops Nature's own sound organ by *proved* principles. It is the science of tone-production, tone-strength, clearness and harmony. Your voice can be trained by it to great power and beauty.

Immediate Results

The FEUCHTINGER METHOD is a PROVED SUCCESS—it has demonstrated unflinching results in countless cases. Your voice will receive almost immediate benefits, and your progress to perfection should be swift and sure.

Mr. Feuchtinger has received letters from men and women in all walks of life, telling what the Power of the Voice has been to them after studying this *unfailing* method. Those friendless before taking this course now find themselves popular wherever they go. Our students testify that a fine singing and speaking voice is responsible for unexpected social and business opportunities.

No Stuttering—No Stammering No Lipping

The Feuchtinger Method banishes ALL impediments of speech—gives perfect command of muscles and vocal cords. Harshness, hoarseness, huskiness will quickly disappear.

No more stuttering, stammering or lipping! All these business and social handicaps are quickly and permanently removed by the Feuchtinger Method of Voice Culture.

A Few Minutes Silent Daily Practice in Your Own Home

Amazing results will be achieved by a few minutes' daily study of the Feuchtinger Method in the privacy of your own home. You need not know music—the practice is silent—nobody will even know you are studying this method.

As you progress in this intensely interesting method, you experience the joy of increasing power that springs from self-confidence and the conscious development of vital personality.



Correct Breathing Means Health—Beauty

This course teaches the exact scientific manner which alone can explain and direct the correct way of inhaling and exhaling breath. Correct breathing is the root of health and perfect physical development.

Send No Money

Investigate this wonderful offer! Get all the facts free—then decide for yourself. Send no money—just mail coupon, or write for it. Feuchtinger's NEW FREE BOOK ON VOICE (illustrated) that tells what this wonderful method of voice culture is—what it does—how it adds to your power and popularity—will be sent FREE and POSTPAID.

Scientific vocal training that in the past cost hundreds—often thousands of dollars—is yours for small investment—easy payments. Phenomenal results—no matter what your voice. Get all the facts—FREE.

PERFECT VOICE INSTITUTE
1922 Sunnyside Avenue, Studio 1945
Chicago, Ill.

Feuchtinger
method
of voice culture

Perfect Voice Institute
Studio 1945, 1922 Sunnyside Avenue, Chicago

Send me free book (illustrated) and facts about the Feuchtinger Method. I have put (x) opposite subject that interests me. I assume absolutely no obligation whatever.

SINGING ☐ STAMMERING ☐
SPEAKING ☐ LIPPING ☐

Age

Name

Address

Why My Memory Rarely Fails Me

and how the secret of a good memory may be learned in a single evening

By DAVID M. ROTH

NOTE: When I asked Mr. Rot's to tell in his own words, for nation-wide publication, the remarkable story of the development of his system for the cure of bad memories, I found him reluctant to talk about himself in cold print. When I reminded him that he could do no finer service than to share his story with others—just as he is sharing his method for obtaining a better memory with more than a quarter of a million others who are studying his famous Memory Course—he cordially agreed to my proposal. And here is his story.—President Independent Corporation.

FIFTY members of the Rotary Club were seated in the banquet hall of the Hotel McAlpin in New York. I was introduced to each member in turn, and each gave me his telephone number and told me his occupation. An hour later, after they had changed seats while my back was turned to them, I called each man by name, gave his telephone number and named his occupation, without a single error.

The following evening, in the office of a large business institution, I asked the president of the concern to write down fifty words, numbers and names, and to number each item. An hour later I called out each item and gave the number opposite which it had been written.

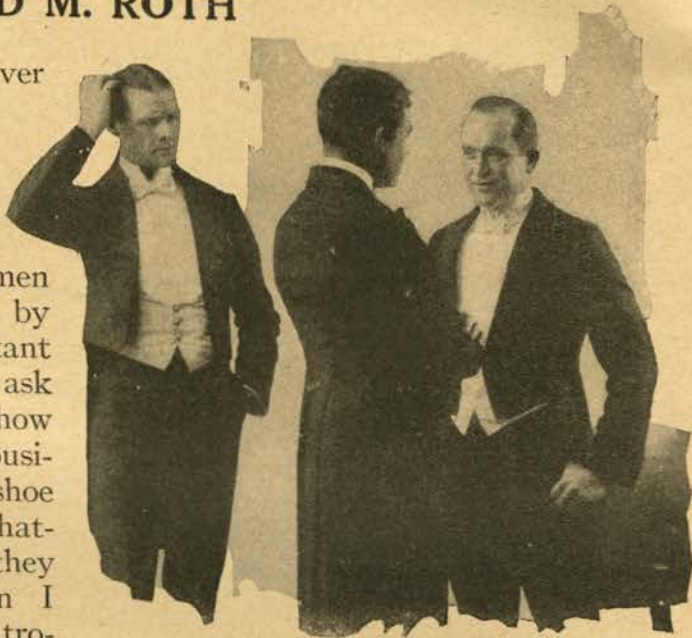
At another time I glanced at the license numbers of a hundred and five automobiles which passed. These numbers were written down by witnesses, in the order in which the cars passed. Later I called each number correctly and gave the order in which the numbers went by.

From Seattle to New York I have appeared before salesmen's meetings, conventions, and Rotary Clubs giving demonstrations of my memory. I

have met over 10,000 people in my travels. Yet I am quite sure I can call nearly every one of these men and women by name the instant I meet them, ask most of them how the lumber business is or the shoe business or whatever business they were in when I was first introduced to them.

People wonder at these memory feats. Hundreds have asked me how I can store so many facts, figures, and faces in my mind, and recall them at will. And they are even more mystified when I explain that my memory used to be so poor I would forget a man's name twenty seconds after I met him! In fact that was what led me to investigate and study the cause of poor memory and the remedy. For years I read books on psychology, mental culture, memory and other subjects. All of these books were good, but none of them was definite or easy enough. So I labored until I found out *what it was* that enabled me to remember some things while I forgot others. Finally I worked out a system that made my memory practically infallible.

I explained my system to a number of friends and they could hardly believe it possible. But some of them tried my



My friends could hardly believe it possible when I told them the simple system I had discovered.

method and invariably they told me they had doubled their memory power in a week. They got the method the first evening and then developed it as far as they cared to go.

The principles which I had formulated in improving my own memory were so simple and so easy to apply that I decided to give my method to the world.

At first I taught my memory system in person. My classes, in Rotary Clubs, banks, department stores, railway offices, manufacturing plants and every kind of business institution grew amazingly in size and number. Memory teaching became my sole profession, and a wonderful experience it has been all the way from Seattle to New York City.

I soon realized that I could never hope to serve more than a small fraction of those who needed my memory system and were eager to take it up unless I put it into a home-study

course which people could acquire without personal instruction.

The Independent Corporation, whose President, Mr. Karl V. S. Howland, had become interested in my work as a member of my Rotary Club class in New York, saw the large possibilities of my Course as an element in their broad program for personal efficiency and self-improvement.

So it was my pleasure to join forces with this great publishing house, and the Roth Memory Course, in seven simple lessons, was offered to the public at a price of \$5 (correspondence courses having been sold hitherto at anywhere from \$20 to \$100).

No money in advance was to be asked, the idea being that the Course must sell itself purely on its merits.

As you have doubtless observed, an extensive advertising campaign was launched by my publishers with full page announcements in all the leading periodicals of the country and in many leading newspapers.

This campaign has continued without a let-up and with ever growing momentum.

From the very start this advertising became successful. The idea spread. Orders came in from everywhere. Edition after edition of the lessons was printed and still thousands of orders could not be filled.

The promise was made that the Course would improve any man's or woman's memory in one evening. And it did! Letters of praise began to pour in almost as fast as the lessons were shipped—and have kept up ever since in a veritable flood.

For example, Major E. B. Craft, Assistant Chief Engineer of the Western Electric Company, New York, wrote:

Last evening was the first opportunity I had to study the course, and in one sitting I succeeded in learning the list of 100 words forward and backward, and to say that I am delighted with the method, is putting it very mildly. I feel already that I am more than repaid in the real value and enjoyment that I have got out of the first lesson.

Read this letter from Terence J. McManus, of the firm of Olcott, Bonyng, McManus & Ernst, Attorneys and Counsellors at Law, 170 Broadway, and one of the most famous trial lawyers in New York:

"May I take occasion to state that I regard your service in giving this system to the world as a public benefaction? The wonderful simplicity of the method, and the ease with which its principles may be acquired, especially appeal to me. I may add that I already had occasion to test the effectiveness of the first two lessons in the preparation for trial of an important action in which I am about to engage."

Mr. McManus didn't put it a bit too strong.

And here is just a quotation from

H. Q. (Multigraph) Smith, Division Manager of the Multigraph Sales Co., Ltd., in Montreal:

Here is the whole thing in a nutshell: Mr. Roth has a most remarkable Memory Course. It is simple, and easy as falling



To make your memory your obedient servant is as fascinating as a game.

off a log. Yet with one hour a day of practice anyone—I don't care who it is—can improve his memory in a week and have a good memory in six months.

Then there is the amazing experience of Victor Jones, who increased his business \$100,000 in six months. And there are hundreds and thousands of others who have studied the Course and have secured greater benefit from it than they dreamed possible.

Perhaps the main reason why my method is so successful is because it is so ridiculously simple. You get the method of obtaining an infallible memory in one evening—in the very first lesson. Then you develop your memory to any point you desire through the other six lessons. There are only seven lessons in all. Yet the method is so thorough that your memory becomes your obedient slave forever. And instead of being hard work, it is as fascinating as a game. I have received letters from people who say the whole family gathers round the table for each lesson!

Men and women from coast to coast have thanked me for having made it so easy for them to acquire an infallible memory. As one man said:

Memory and good judgment go hand in hand. Our judgment is simply the conclusions we draw from our experience, and our experience is only the sum total of what we remember. I now store away in my mind every valuable fact that relates to my business, whether it is something I hear or read, and when the proper time comes I recall all the facts I need. Before I studied the Roth Course it took me three times as long to gain experience simply because I forgot so many facts.

And how true that is! We say of elderly men that their judgment is "ripe." The reason it is ripe is because they have accumulated greater experience. But if we remember all the important facts we can have a ripened judgment 15 or 20 or 30 years sooner!

Thousands of sales have been lost

because the salesman forgot some selling point that would have closed the order. Many men when they are called upon to speak fail to put over their message or to make a good impression because they are unable to remember just what they wanted to say.

Many decisions involving thousands of dollars have been made unwisely because the man responsible didn't remember all the facts bearing on the situation, and thus used poor judgment. In fact, there is not a day but the average business man forgets to do from one to a dozen things that would have increased his profits. There are no greater words in the English language descriptive of business inefficiency than the two little words, "I forgot."

My pupils are gracious enough to say that nothing will make that fatal phrase obsolete so quickly as the memory system it has been my good fortune to evolve.

Mr. Roth has told his story. It now remains for you to turn it into dividends. This will happen, we are sure, if you will spend the fraction of time it requires to send for his complete Course on absolute approval.

After a few hours spent with the Roth Memory Course the fear as well as the tragedy of forgetting should be largely eliminated. You will obtain a fascinating new sense of confidence and power.

Not only that, but you will have a sense of freedom that you never felt before. You will be freed of the memorandum pad, the notebook, and other artificial helps to which most of us are slaves.

So confident is the Independent Corporation, the publishers of the Roth Memory Course, that once you have an opportunity to see in your own home, how easy it is to double, yes, triple, your memory power in a few short hours, that they are willing to send the course on free examination.

Don't send any money. Merely mail the coupon or write a letter and the complete course will be sent, all charges prepaid, at once. If you are not entirely satisfied send it back any time within five days after you receive it and you will owe nothing.

On the other hand, if you are as pleased as are the thousands of other men and women who have used the course, send only \$5 in full payment. You take no risk and you have everything to gain, so mail the coupon now.

Independent Corporation

Dept. R-245, 319 Sixth Ave., New York

FREE EXAMINATION COUPON

INDEPENDENT CORPORATION

Publishers of The Independent Weekly

Dept. R-245, 319 Sixth Ave., New York

You may send me the Course or Courses checked below. Within five days after receipt I will either remit them or send you \$5 for each in full payment, except as noted.

- | | |
|---|---|
| ☐ Roth Memory Course
By David M. Roth | ☐ Super-Salesmanship (\$7)
By Arthur Newcomb |
| ☐ How to Read Character
at Sight
By Dr. K. M. H. Blackford | ☐ Purinton Course in Personal Efficiency
By Edward Earle Purinton |
| ☐ Mastery of Speech
By Frederick Houk Law | ☐ Ferrin Home-Account System (\$3.50)
By Wesley W. Ferrin |
| ☐ Paragon Shorthand Course. | ☐ The Lederer Art Course (\$6.50) |
| ☐ Independent Weekly (\$5)
(52 Issues, 15c per copy) | |

Name

Address

How I Ate Two Pounds A Day Off My Weight

An Amazing discovery in weight reduction. No starving, no medicines, no special foods, no course of baths, no exercises, no "mind cure."

"Aren't you heavier than you used to be?"

This would nearly always be the first remark I'd hear whenever I met an old friend or acquaintance. And they were right. No doubt about it, I was putting on weight to a noticeable extent.

At first I took it as a sure sign of vigorous health. I had always thought that the accumulation of fat was Nature's way of storing up health and energy—a sort of reserve to draw upon in time of need. So I revelled in my good fortune and felt genuinely sorry for my friends who were not so favored by Nature.

But soon my condition began to be serious. I was getting altogether too fat. My increasing stoutness began to be about all I could think of—it entirely occupied my mind. My friends began to mention it. I couldn't walk a block without puffing. My heart became affected.

I had always led an active life, being fond of athletics, horse-back riding and dancing. My increasing weight made it difficult for me to "go in" for these things. I simply couldn't get around as fast as the others—even my walk was different; and besides, any sort of physical exertion became unpleasant to me. I don't need to go into details, for anyone with a tendency to stoutness will well know what I mean.

This lack of exercise could lead to but one thing. I took on weight to an alarming extent and I shall never forget the day when I realized that I was slowing down mentally as well as physically. I lost interest in my work and all social affairs. Anything requiring exertion was passed up. Understand me, please, I am not trying to praise my former self and figure; I'm simply telling how my mental and physical powers and pleasures decreased as fat was increased.

You can probably guess my next move—nearly every "Fat" woman has taken it. I became a follower of the "simple life."

I cut down on my diet—and felt hungry all the time. Then I took a course of baths. According to weights taken "before and after" the baths cut down my weight. But within a day or so the weight was back again. The baths had only a temporary effect. And it seemed to me that they were sapping my vitality.

Then I tried the plan of going without liquids; of omitting certain foods from my all-too-meagre diet; of eating widely advertised "reducing foods," and finally of taking medicine.

By this time life had lost much of its joy for me. As my weight increased so did my distress.

I simply had to do something. So I started to find out all I could about obesity. I questioned physicians, surgeons, army doctors, health specialists and a lot of women and men who were similarly afflicted. Soon I became a walking encyclopedia of weight reduction. But still I continued to put on weight.

One day I experienced a shock. I was reading some health statistics by life insurance companies. These showed conclusively that in addition to causing mental and physical inefficiency, fatness brings on a serious chain of illnesses, such as heart trouble, diabetes, stomach and intestinal trouble, apoplexy and the like. And then I read that fat people die young. No supposition about this. Plain, cold, hard facts, drawn from life insurance statistics, covering the experiences of tens of thousands of people and several generations.



"Right from the start I reduced my weight by 2 pounds a day and felt better than ever."

My lucky star must have been working for me about this time, for I ran across just the kind of practical help I was looking for. A friend advised me to read "Weight Control, The Basis of Health" by the famous food specialist, Eugene Christian.

This course, in the form of simple little lessons, which the publishers offer to send on free trial, completely upset my own personal opinions and all that I had learned about obesity and health. It shows that when one starts to put on weight, it is not a sign of health, but of ill-health. Obesity is actually a disease. Then it showed that most of the tables of weights indicating what a person of a certain age and height should weigh are all wrong and why.

Then there were some startling new ideas about the maintenance of health, of mental and physical vigor. No theories, but hard practical facts, drawn from the experience of thousands of men and women in all conditions of life.

The remarkable part of it all was that there were no fads in Eugene Christian's methods. No special baths, no self-denying diet, no medicine, no exercises—nothing out of the ordinary. Simply go on living a normal life, eat appetizing, delicious foods, properly combined, do pretty much as you please. And still one could reduce her weight to normal in a very short time by entirely natural methods.

It all sounded too good to be true, but I decided to give the methods a fair test. Right from the start my former vigor and energy began to return. I reduced my weight by two pounds each day. Not the slightest hardship was involved—a most unusual thing in weight-reduction. I had always enjoyed my meals, but now my food tasted even more delicious than ever. Waking became a pleasure to me again, instead of a grind. I was bubbling over with life and energy. My flesh grew hard and firm. And, soon, very much to my surprise I was able to wear fabrics and colors which my stoutness had forced me to abandon.

When I now look upon my former condition of stoutness it all seems like a horrible nightmare, for not only did I quickly regain my normal weight, but I've maintained it ever since. To look at me to-day no one would realize that not so long ago I was a "fat" woman. My quick reduction in weight—an average of two pounds a day—my vigorous health and active mind of to-day I all owe to Eugene Christian. I only wish I had the means to

distribute his remarkable Course to every woman afflicted with obesity, for I feel that Eugene Christian is rendering a great and genuine service to humanity through his wonderful work. I have recommended Eugene Christian's Course to many others and have had the satisfaction of seeing it produce results just as remarkable as in my case.

—Alma Virginia Lee

Much could be written about the cause and the remedy for excessive stoutness and Eugene Christian's methods. But that is unnecessary, for you can, without a penny of expense or the slightest obligation, test out in the privacy of your home the same methods that Miss Lee and thousands of others have used with such remarkable and satisfying results.

The publishers of Eugene Christian's 12 lesson course "Weight Control, The Basis of Health," are so confident that it will produce the same results for you as it did for Miss Lee that they will gladly send the entire Course to you on approval. Then you can see for yourself, by actual results, the wonderful efficiency of Eugene Christian's methods. These methods are not new and untried theories, for more than 200,000 people in all walks of life have used and are using them and endorse them in the most enthusiastic terms.

Send no money.

Merely fill in and mail the coupon. The entire Course, "Weight Control, The Basis of Health," goes free to your door, all charges prepaid. Examine it thoroughly. Weigh yourself carefully before you begin to apply its teachings. Then weigh yourself daily. You'll be amazed at the satisfying reduction in weight you'll experience almost from day to day. And soon you'll say as Miss Lee said, and as thousands of other men and women have said, "To look at me to-day no one would realize that not so long ago I was looked upon as fat."



"To look at me to-day no one would realize that not so long ago I was a 'fat woman.'"

Remember, don't send us a penny—just your name and address on coupon below. When the Course arrives, pay the postman \$3.50. If within five days you do not believe the Course will do all that is claimed for it, return it and get your money back.

This special offer may be withdrawn at any time. Mail the coupon NOW.

CORRECTIVE EATING SOCIETY

Dept. 275, 43 West 16th St., New York City

CORRECTIVE EATING SOCIETY,

Dept. 275, 43 West 16th St., N. Y. C.

You may send me prepaid a copy of "Weight Control, The Basis of Health," in 12 lessons. I will pay the postman \$3.50 on arrival. My money back within five days if I want it. I take no risk.

Name.....

Address.....

City.....

State.....

Learn To Talk Convincingly

—and the World is at Your Feet

WHY can one man sell where another fails? Why can one man literally carry an audience off its feet, while another, speaking on the same subject, makes little or no impression? Why can one man get the sought-after job when another better qualified is turned down? Why does everyone "believe



An interesting and convincing talker is always popular—the center of attraction at all social affairs.

in" one man and have no confidence in another who really has just as much ability? The thing that counts is

Not Only WHAT You Say But HOW You Say It

The world is full of splendid merchandise that doesn't move—"order takers" who should be salesmen—political ideas that meet continual defeat—good men earning less, much less, than they're worth; all because so few know how to use that god-given faculty of speech which is one of man's greatest weapons.

Let Me Teach You

I can teach you how to carry conviction—how to make what you say have the effect you want it to



If your words carry conviction you can address a crowd and make them think and believe as you do.

whether you talk to sell, to convince or to entertain, I can enable you to overcome timidity—give you confidence in yourself, develop your personality, improve your memory.

I can show you the art of brevity, the value of silence. Instead of being funny at the wrong time, I can show you when and how to use humor with telling effect. Do you know the knack of making oral reports to

CAN YOU DO THIS?

Can you talk as well in public as at home?

Can you hold your hearers spell bound?

Can you get financial backing when you want it?

Can you give humorous, extemporaneous talks?

Can you win confidence, friendship, love, through your speech?

Can you address any size audience from one to thousands?

Can you make people listen when you talk?

Can you get up and talk, any time, any place without nervousness?

superiors? Do you know the right and wrong way of presenting complaints, estimates and to issue orders?

I can show you how to answer complaints, how to ask the bank for a loan, how to get an extension on your note. Another valuable lesson I teach is how—instead of antagonizing people when they disagree with you, you can get them around to your way of thinking in a pleasant sort of way. You will learn how to get things done—the secrets of diplomacy.

Results in One Evening!

Now one of the remarkable things about my method is that it requires practically no study and very little time.



Wherever you go among strangers or at home people will listen eagerly to what you say.

Anyone can grasp the principles in an evening. Hundreds of letters pour in every day proving that my method brings almost immediate results.

Thousands Have Benefited

Among the enthusiastic students of my Course are the thousands of prominent men in all walks of life—they include business men, preachers, lawyers, teachers, physicians, bankers, etc., etc.

—Frederick Houk Law.



At committee meetings or board of directors meetings you can rivet the attention of everyone when you talk.



The ability to talk convincingly will enable you to win over prominent men. It is the secret of closing big deals.

The Independent Corporation, publishers of "Mastery of Speech," Dr. Law's Course in Business Talking and Public Speaking, are offering you an opportunity to learn in your own home how to improve your ability to talk convincingly. They are so confident that you will see immediately its amazing possibilities that they are willing to send it to you for free examination.

Send No Money

You send no money. Just mail the coupon and all charges prepaid you will receive the course—you are under no obligation whatever—and if you are not entirely satisfied send it back any time within five days after you get it—and you will owe nothing.

But if you are pleased as thousands of others have been who have used the course, it will cost you only \$5.00 in full payment. You have everything to gain and nothing to lose. Act immediately before this unusual offer is withdrawn.

Personal Experiences

"After a careful perusal of the Course, I am convinced that correct speech is the largest contribution to a man's success, and that honest application to the study of this Course will produce the desired perfection in speech."
—H. W. Gross, 1802 W. Mansur St., Guthrie, Okla.

"I have had the Course only a few days, but have already noted considerable improvement in speech and in ability to please and entertain persons I'm associated with. I am much pleased with it."
—OLAF BLOMGREN, Utilities Co. M. C. Camp Lewis, Wash.

"I have read but one page—positively not another word—but I have found in that page the magical keynote which vibrates with my longing desire to be, and my belief that, with their help, I will become a good public speaker, despite an agonizing diffidence inherited from my mother."
—CHAS. COURTLAND SMITH, 802 Hartford Bldg., Chicago, Ill.

Independent Corporation

Dept. L-245

319 Sixth Ave., New York

Independent Corporation

Publishers of the Independent Weekly

Dept. L-245

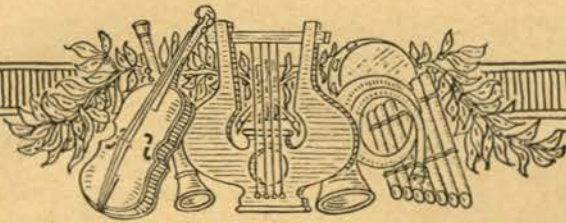
319 Sixth Ave., New York

You may send me the Course or Courses checked below. Within five days after receipt I will either return them or send you \$5 for each in full payment, except Super-Salesmanship Course. Ferrin Home-Account System and The Lederer Art Course.

- | | |
|---|--|
| ☐ Mastery of Speech By Frederick Houk Law | ☐ Super-Salesmanship (\$7) By Arthur Newcomb |
| ☐ Roth Memory Course By David M. Roth | ☐ Purinton Course in Personal Efficiency By Edward Earle Purinton |
| ☐ How to Read Character at Sight By Dr. K. M. H. Blackford | ☐ Ferrin Home-Account System (\$3.50) By Wesley W. Ferrin |
| ☐ The Lederer Art Course (\$6.50) | ☐ Paragon Shorthand Course |
| ☐ Independent Weekly (\$5) 52 issues 15c copy | |

Name.....

Address.....Physical Cult. 5-20



Whole Family Learns Music at Home

**Lee David Crawford, aged 8,
plays difficult pieces; his par-
ents started to play at 40—
never touched piano before**



THE entire musical world is astounded at the marvelous new method of instructing pupils by the U. S. School of Music. Authorities pronounce it the most efficient system on record. Twenty musical instruments besides sight singing, composition and harmony are taught by the clever art of pictures and print, bringing every lesson down to the simplicity of an A B C book. An entire family can participate in each lesson. The remarkable part is they learn with a speed almost unbelievable—yet the training is thorough and complete. Thousands are now going in for this unique method. Musicians who are already trained by other systems prefer this—while those who never knew a note of music suddenly show surprising talent after a few lessons.

There is no doubt it is as essential that every one should learn music as it is that they learn to read. Every man and woman to whom this delightful accomplishment is a closed book, will confess that at times they have felt absolutely stupid when forced to acknowledge their ignorance. How often has such a one been overlooked—or dropped—from social affairs merely because this lack makes them conspicuous. Yet it is a fact almost pathetic. The so-called "unmusical" have an infinite yearning to know something of this fascinating art. They often show a greater love for it than trained musicians. They would rather listen to music than to anything else in the world. Every one of these music-lovers have talent, though they do not know a note. Some of them have talent that almost amounts to genius. This has been proven beyond a doubt by the wonderful picture-and-print method.

Whole Family Learns to Play in a Few Months

A striking instance of how music is being brought to thousands of homes by this ingenious system is brought to light in the following letter from Mrs. C. A. Crawford, Glenevis, Alta., Canada.

Gentlemen:—

On January 1st, we resolved to write again and let you know what joy we have learned since taking your home study music lessons. Also give you the right to use this for advertisement matter, and hope it may be the cause of bringing to others such happiness. We have been married 17 years. We did not become interested in music till after reading your advertisement. We decided to buy a piano and sign up for your 96 lessons. We thought

at the time we were sacrificing a great deal economically, but have since laughed over this many a time, and feel it is now the time and our duty to give credit.

My husband became so interested in my rapid progress under your system of teaching, by first reading your lecture course that came along with the music, and he found that so inspiring that he began to study your fascinating print and picture lessons. Now both have accomplished an understanding and appreciation of music that we thought in the beginning to be impossible at our age.

We have been teaching our two boys, 6 and 8 years of age. The older boy has been studying and practising your music for about one year, and plays many other pieces. We feel and hope he will develop into a musical artist. A person's first remark, after hearing him play is "Who taught him?" Then, after your system of teaching has been explained to them, they say, "How wonderful." Also they had heard and read of your school, but did not believe it could be done.

Our youngest boy is doing his scales and finger exercises, and chatters while the other boy plays your music, and it turns their games at play into musical games.

We hope every one will understand how unselfish in principle your home study of teaching is, as it gives all members of a family a chance to acquire a musical education for the cost of only one; and am sure you cannot blame all us for taking advantage of this under the circumstances.

Music has awakened in us a new sense, which brings a deeper feeling of happiness within our home of which we never possessed before taking and studying your course. Music soothes the mind and gives comfort under affliction so we give music a definite place in our home which has become a social center for all in our neighborhood.

Very respectfully,
MRS. and MR. C. A. CRAWFORD.

Learn to Play and Sing in Spare Time at Home

With the U. S. School of Music's famous home study system you can learn in your spare time at home with no one around to embarrass you. You will find the lessons so interesting that every moment is a joy. Your progress will be rapid and sure. This system is so radically different from old hard-road methods that thousands who have proven its efficiency

have recommended it to their friends. Over 250,000 successful pupils in all parts of the world—all ages, boys and girls and men and women up to 70—are singing its praises. Hundreds of enthusiastic letters testify to its absolute efficiency. It is owing to the recommendation of those successful satisfied pupils that the U. S. School of Music has become the largest in the world.

Prove the Method for Yourself

You need not judge these methods by what others say. Prove them for yourself! You can take any course on trial: Singing or any instrument you prefer—and judge entirely by your own progress. If for any reason you are not satisfied with the course, then it won't cost you a single penny. On the other hand if you are pleased with the course, the total cost amounts to only a few cents a lesson with your music and everything included.

When learning to play and sing is so easy, why confine your enjoyment to merely listening? At least send for the Free Book which tells all about these methods. You will find this book absorbingly interesting, because it shows you how easy it is to turn your wish to play or sing into actual fact.

Just now the U. S. School of Music is making a special short time offer that cuts the cost per lesson in two. Why not send your name now before this special offer is withdrawn? There is no obligation. Simply use the coupon or write a letter or a post card and send it to the U. S. School of Music, 185 Brunswick Building, N. Y. City.

DAVID F. KEMP,
President of U. S. School of Music,
185 Brunswick Building,
New York City.

Please send me your free book "How to Learn Music at Home," and particulars of your special offer.

Name
(Please Print Name)

Address

City State

How I Discovered My Own Character

One Evening's Experience That Changed the Career of Donald Warwick and Gave Him the Big Job of His Dreams

I SHALL never forget the light that flooded my mental vision when Dr. Blackford singled me out from that audience of 153 purchasing agents and said: "This gentleman is wasting his time in the wrong kind of work—for he is the blond type!"

We were gathered at the Hotel Astor for a dinner and meeting of purchasing agents—and the men represented the greatest concerns of their kind in the United States.

Dr. Blackford had come to give us one of the famous demonstrations in Character Analysis about which I heard more than once—and the eager audience by this time was leaning forward to catch every word of a remarkable message.

No wonder! For Dr. Blackford had begun with the tartling observation:

"It is exactly as I told your president it would be—when he invited me to address this company.

"All of you—with a half dozen exceptions—are rather pronounced brunets.

"You will never fail to find this true of any group of successful purchasing agents—no matter where you meet them.

"But, were this an organization of successful salesmen, you would find most of them to be blonds.

"The brunet is the man from Missouri. He must be 'shown.' He is thoughtful, analytical, conservative, deliberate—everything a buyer should be. The blond is usually quite the reverse. He is a man of moods, of imagination, impetuous, easy to sell, but remarkably qualified to influence other people and to make them buy things."

And I am the blond type—thought I—one of the exceptions in this room! Can it be that I am "in wrong"? I had felt that in that group of purchasing agents I could hold up my end quite well. And I was jolted!

But as Dr. Blackford went on I became more and more certain that this remarkable teacher of character analysis had called the turn correctly.

"There is more to this scientific fact than color of the eyes, hair and skin—vastly more," continued Dr. Blackford.

"I observe that the prevailing type of features among you gentlemen is what science knows as the 'concave type'—prominent forehead at the top, short nose, prominent chin."

Just 3 Letters

"My life began anew the day I discovered you. The money I spent was well earned by you and well spent by me. It pays to know yourself as others know you, and in my case the knowledge has laid for me a solid foundation upon which I am now building my temple of success."

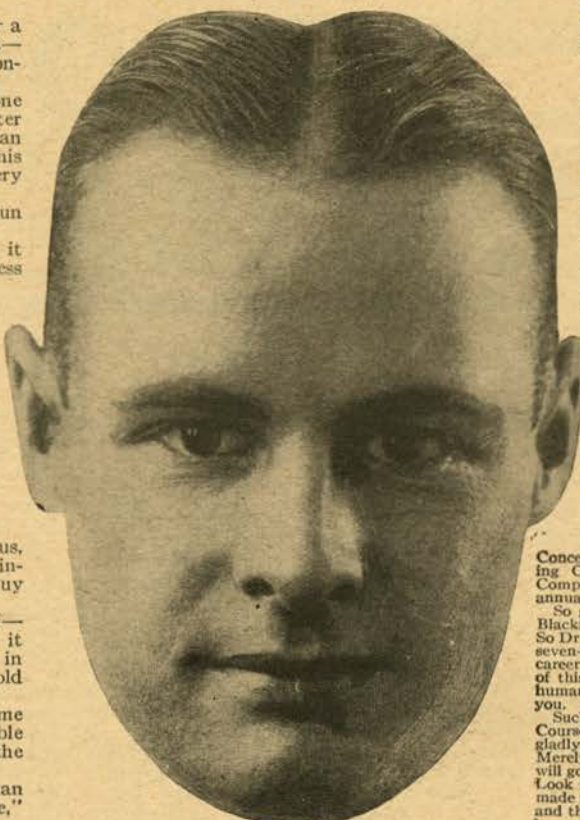
"The investment is the best I ever made. The analysis of character, aptitudes etc., is remarkably true and accurate, and is a very valuable possession. It enables one to realize and appreciate with certainty just what his abilities are and you have brought to light things that would have taken years of experience to unearth."

"One glance at the course was sufficient to tell me that it was exactly what I wanted and had been looking for. . . . In the pages of that course I found myself looking into a clear mirror and saw myself reflected there as I have never seen myself reflected in a material sense. I now know myself for the first time in my life."

special capabilities were and where their greatest powers lay.

I cannot remember when I have seen a group of men more deeply or more seriously interested.

But Dr. Blackford's revelation of the



"And I Am a Blond"

science of Character Analysis had done more for me perhaps than for any other man in the room.

The next day I got a set of Dr. Blackford's simple lessons in "Reading Character at Sight," which I learned the Independent Corporation was publishing at a popular price, and it took me just one evening to discover the practical application of all the wonderful things that Dr. Blackford had told us at the meeting of the purchasing agents.

In one week I had changed my job. Having "sold myself" on the big secret of my success, I went out and sold goods. I sold in quantities that surprised me. I sold myself to our customers. And, best of all, from a monetary standpoint, I sold myself to my firm.

With the result that, first having achieved the coveted position of sales manager, I am today vice-president of our company.

You see, I am the blond type. And my features are convex.

And if it hadn't been for my chance meeting with Dr. Blackford I would probably still be plugging along at the same old "wrong job"—with a salary check only a fraction of the rather big one that cheers up my bank balance every week in these happy and more prosperous days.

Perhaps you, too, have been jollyng yourself about yourself and trying, as I did, to make your success by sheer courage and hard work, instead of analyzing your capabili-

ties and fitting yourself into the kind of work you are naturally best fitted to do.

In that case, I beg of you to get that wonderful course of Dr. K. M. H. Blackford, the leading character analyst in the United States, and join the many thousands who have learned, in an amazingly short time, not only how to size up other people from outward signs, but how to size up one's own character, how to attract the friendship of other people, how best to strive for the success that your ordinary qualifications entitle you to achieve.

DONALD WARWICK.

Dr. Blackford's development and application of the science of Character Analysis has been built on a solid foundation of direct professional study of all kinds of men and women. After years of extensive character work among business concerns, merchants, manufacturers, Chambers of Commerce, and trade associations, which sought assistance in solving human problems, Dr. Blackford made a trip around the world, observing widely different races, comparing notes with leading specialists in forty nations, and comparing theories with such famous authorities as Alfred Haddon, Metchnikoff and Giuseppe Sergi, and studying the exhaustive records of Bertillon. So Dr. Blackford's store of material and ideas in the realm of human relations has become probably the most carefully arranged exhibit of facts on Character Study in the United States.

It is not surprising, therefore, that many concerns will not employ a man without first getting Dr. Blackford to pass on him. Concerns such as Westinghouse Electric and Manufacturing Company, Baker-Vawter Company, Scott Paper Company, and many others pay Dr. Blackford large annual fees for advice on dealing with human nature.

So great was the demand for these services that Dr. Blackford could not even begin to fill all the engagements. So Dr. Blackford has explained the method in this simple seven-lesson course which meant so much to the business career of Donald Warwick. Even a half hour's reading of this remarkable course will give you an insight into human nature and power over people which will surprise you.

Such confidence have the publishers in Dr. Blackford's Course, "Reading Character at Sight," that they will gladly send it to you on approval. Send no money. Merely fill in and mail the coupon. The complete course will go to you instantly, on approval, all charges prepaid. Look it over thoroughly. See if it lives up to the claims made for it. If you do not want to keep it, then return it and the transaction is closed. And if you decide to keep it—as you surely will—then merely remit Five Dollars in full payment.

Remember you take no risk, you assume no obligation. The entire course goes to you on approval. You have everything to gain—nothing to lose. So mail the coupon NOW while this remarkable offer remains open.

Independent Corporation

Dept. B-245 119 West 40th Street, New York

—Free Examination Coupon—

Independent Corporation

Publishers of the Independent Weekly

Dept. B-245 New York

You may send me the Course or Courses checked below. Within five days after receipt I will either return them or send you \$5 for each in full payment, except as noted.

- | | |
|---|---|
| ☐ Roth Memory Course
By David M. Roth. | ☐ Practical Course in
Personal Efficiency
By Edward Earle
Purinton. |
| ☐ How to Read Character
at Sight
By Dr. K. M. H.
Blackford. | ☐ Ferrin Home-Account
System (\$3.50)
By Wesley W. Ferrin. |
| ☐ Mastery of Speech
By Frederick Houk
Law. | ☐ Independent Weekly
(\$5. (52 issues, 15c
per copy). |
| ☐ Super-Salesmanship
(\$7)
By Arthur Newcomb. | ☐ Paragon Shorthand
Course. |
| | ☐ The Lederer Art
Course (\$6.50)
By Charles Lederer. |

Name

Address

..... Physical Culture 5-20



J. E. GREENSLADE, Pres.
National Salesmen's Training Ass'n.

Let Me Send You FREE PROOF

That You Can Earn \$3,000 to \$10,000 a Year as a Star Salesman

If you are one of the fellows who simply "must make more money," or if you doubt your ability to ever count your earnings anywhere from \$5,000 to \$10,000 a year then I want to send you some startling evidence to prove that you can get into the real big pay class—and get into it without much loss of time.

I want to submit to you—to any fellow who is genuinely anxious to make real money—proof of so many real stories of success—big success—that you will wonder why you have been struggling along on a wage pittance when real pay and a real man's job are within such easy reach.

Little Success Stories Built Around N.S.T.A. Training and Service—

A few of many thousands

Am Earning \$92 a Week
After six months' success as a Traveling Salesman in a position secured through your Employment Bureau, I am earning \$92 a week. F. W. Broedel, 726 Benedict Ave., Woodhaven, N. Y.

Earned \$6,500 Last Year
I formerly earned \$800 as a clerk. Last year I earned \$6,500 and was promoted to Sales Manager. Full credit due you. G. W. Kearns, 107 Park Place, Dayton, Ohio.

Earns \$375 in a Month
For ten years I worked for a railroad. Was drawing \$15 a month when I left. You secured me my position. I have earned \$375 in a month. E. C. Kiehl, 2121 Andrews St., Rockford, Illinois.

Earned \$524 in Two Weeks
I had never earned more than \$60 a month. Last week I cleared \$306 and this week \$524. You have done wonders for me. Geo. W. Kearns, 107 Park Place, Oklahoma City, Oklahoma.

I am in the \$2,500 to \$10,000 Class
I was a carpenter, am now a Salesman and can proudly say I am in the \$2,500 to \$10,000 a year class. Wish I could invest more dollars that would bring me the big returns those invested in your Course did. J. E. Wood, Rooms 352-54 Pacific Bldg., San Francisco, Cal.

I Now Earn as High as \$100 a Day

I took your Course two years ago. Was earning \$15 a week clerking. Am now selling many of the largest firms in the U. S. I have earned more than \$100 in a day. You secured me my position. Our Sales Manager is a graduate of yours. J. L. Debonis, 1628 So. Crawford Ave., Chicago, Illinois.

Made Him a Real Salesman
Was clerking in a general store. Your course made a real salesman of me. Am on the road and doing fine. Willis E. Osborn, 1960 Atlantic Ave Long Beach, Cal.

Previous Experience Unnecessary

It doesn't matter to me what you are now doing for a living, whether you are eighteen or fifty, or whether you never sold an article in your life.

If you must make more money—if you want to attain a measure of financial independence—if you want to accomplish worthwhile things—then there is a world of opportunity awaiting you in the selling end of business and a DEFINITE WAY by which you can quickly get a Sales position—fully qualified to go out and sell from the start. You may think you are not "cut out" for salesmanship—but withhold judgment until you read what others who thought the same thing accomplished, how quick they did it and how much they are earning today. It seemed a far jump from ranch hand earning \$60 a month to Salesman averaging \$200 to \$300 a week. But George W. Kearns, 107 Park Place, Oklahoma City, Okla., made that amazing jump through our System—and made it quickly, too.

Secrets That Only Star Salesmen Know

From "greenhorn" to STAR Salesman in next to no time sounds almost too good to be true. Yet we accomplish this wonderful transformation year after year because we teach the REAL SECRETS OF SALESMANSHIP. We take you through this fascinating subject step by step—teach you how to get an audience—how to open a sales talk in order to get the prospect's undivided attention—how to make the prospect eager to get all the facts about your proposition—how to get him to act at once instead of putting you off—when to stop talking—and definite principles of overcoming every possible objection that may arise in the process of making a sale.

There are certain ways of doing and saying things in selling—the secrets that only Star Salesmen know—and once you have acquired the fundamental principles—once you are master of these selling secrets—the world is before you. The man who understands the underlying principles of salesmanship has a two-fisted grip on prosperity. He can sell his services a hundred times over for there is an enormous demand for his highly specialized knowledge.

Salesmen Top the List of Money-makers

The men in the shops and factories making the goods and the men handling the office routine can NEVER be as vital to a business as the men out selling—whose efforts actually determine how much goods shall be made. The salesmen are the motive power back of any business—and they get what they earn without quibble or equivocation. Wage scales and time clocks do not enter the salesmen's life scheme. He is practically his own boss—and tops the list of money-makers.

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Along with the PROOF I want to send you "A Knight of the Grip,"—a big free book on salesmanship. It also tells you all particulars about our System of Salesmanship Training and FREE Employment Service. All that the Coupon below brings you goes to you with my compliments—SO DON'T HESITATE. A good idea would be to get it into the mail NOW.

National Salesmen's Training Association
Dept. 28-E Chicago, Ill., U. S. A.



National Salesmen's Training Ass'n.
Dept. 28-E, Chicago, Ill., U. S. A.

With no obligation on my part, please send me "A Knight of the Grip," and full information about the N. S. T. A. Training and Employment Service. Also a list showing lines of business with openings for salesmen.

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MISSING OR ARE NUMBERED
WRONG

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PHYSICAL CULTURE

BERNARR MACFADDEN'S VIEWPOINT

Can Life's Years Be Doubled?

HOW many years will you live?

Have you ever measured up your vital vigor, balanced up your capital in the Bank of Health? Are you doubtful about your ability to live to a good old age? Do you fear death from disease?

All these queries present problems of paramount interest. The science of longevity has attracted but little attention, but the time is coming when it will assume its proper importance. There are but few subjects that contain knowledge of greater value. It is no exaggeration to say that forty or fifty years can be added to the ordinary span of life. The science of living long is in its infancy. The knowledge needed to add to one's years has been denied the average individual. If it were spread broadcast the years of life of the average person would be doubled.

Death should come only from old age. One should actually wear out. The time will come when it will be considered a disgrace to die of disease. Premature death can then only ensue from accident. You should go on to the end of your days. Life should be enjoyable to the very last. There is nothing unnatural about death that comes at the proper time. It should be as serene and beautiful as life at its very best.

Considerable interest has recently been aroused in the lives of those who have lived to a great age. A man was lately discovered in Kentucky who claimed he was 131 years old. Careful investigation on the part of a New York newspaper proved he was only 97. Furthermore, it was shown that his mentality was bordering on dementia and that his physical powers were at a very low ebb. Apparently he has long ceased to live. He was merely existing or hibernating.

The value of a life of this sort is questionable. If one is able to continue a benumbed existence, but little is gained. But when life is continued with a keen mentality, with the ability to enjoy each day, each moment, it is then worth while.

appearing in the New York "World" the theory is summed up as follows:

"What," it is asked, "will be the ultimate effect of introducing the organs of youth into a body that is worn with age? The fires of youth may blaze up again at first, but what will be the ultimate effect upon the brains and body that are already worn out?"

The transplantation of organs alone can never accomplish anything of very great benefit; no matter to what extent the idea is perfected. The body itself must be kept young. Every organ, every part of the complicated process must be supplied with blood that contains the vitality of youth.



Blood Cells Renewed Every Meal

IT is said that every seven years the body renews itself. It is probably renewed more frequently.

The blood itself is renewed at every meal you eat. The cells that constitute the fatty, muscular and other tissues are undoubtedly changed every few weeks or months, while the bony tissue undoubtedly lives without change—far beyond seven years in many instances.

Various theories have been advanced as to the cause of old age. Medical scientists, generally looked upon as authorities on health, occasionally present details of sensational discoveries.

Some time ago I read an article in a medical journal calling attention to the various discoveries—as to the cause of old age—made by medical practitioners. But they, themselves, all died at an age which very clearly indicated the questionable value of their conclusions.

Their attitude is not unlike surgeons who boast of the success of an operation, ignoring the death of the patient as being of minor importance.



Trying to Cheat Natural Law

EVER since the time of Ponce de Leon we have been searching for a panacea, for some means of cheating Nature. We have been trying to discover a method of avoiding the penalties for our own sins against the laws of life.

These searches have all proved disappointing—and rightly so. They have merely served to emphasize the fallacy of any effort to secure something for nothing. They have been abortive attempts to find a short cut to health: a sort of a "get-health-quick" process. And this financially backed foolishness has given us the various medicinal remedies that are gradually disappearing with the increase of health intelligence.

There has been much attention given recently to what has been termed the daring exploits of modern surgery in prolonging life. We have read accounts of the transplantation of glands from animals to "humans" and much information has been given us as to the effects of this process. But the details presented referred mostly to the effects, following this sensational operation, for a short while only. In a recent article

Questionable "Cures for Old Age"

METCHNIKOFF is probably one of the most renowned of the various discoverers of so-called "cures for old age." He died at the age of 71 years. If his theories were worth anything, he failed to apply them to his own case. It is, of course, possible that he did not want to live to an advanced age, but "results speak louder than words."

In order to prove the accuracy of any theory that you may hold, you should become an example of its value. No one can question the worth of some of the teachings of Metchnikoff. Their value is admitted by every student of the healing art regardless of the source of his knowledge. But Metchnikoff did not go far enough.

There is only one man who discovered the real secret of prolonging life. And he is not recognized in the medical world. He did not study medicine. He studied life—life and its problems, and he was an astounding example of the value of his conclusions.

Cornero, the Father of Longevity

AS Washington is the father of our country, so Cornero, the eminent Italian nobleman who lived in the fifteenth century, is the father of the science of longevity. He did not call it by that name, but the habits of life to which he adhered harmonized with its principles. He was in full possession of his mental faculties to the last day of his life, which extended beyond the century mark, and in the books he wrote, he dilates upon the beauties of life. He describes the joys and delights of living to an old age. He maintained that even the exuberant spirits of youth failed to reach the height of blissful content which came to him during his last years.

THIS MAN LIVED. He did not hibernate; and furthermore, his long years were not an accident. They were the result of a carefully worked out plan that he adhered to throughout the last sixty years of his life. We have frequently referred to this eminent personage and many of our readers are familiar with the details of his remarkable career.

In his life story he states that at the age of forty he was given up to die by his physicians. He had lived what is termed a "speedy" life. He had worn out his human mechanism. The doctors told him he had but a few years left. They considered his case hopeless; so he concluded he would make some experiments. He conceived the idea that if he gradually lessened the quantity of food he was consuming, his condition might be improved. The result of this dietetic change was so amazing that instead of anticipating death, he began to prepare for the life supreme. He learned how to really live; and for sixty years thereafter the power of his personality was impressed upon all those with whom he came in contact.

The Secret of Long Life

CORNERO is the only scientist whose discoveries on the prolongation of life are dependable. Metchnikoff's theories associated with the de-vitalizing effects of poisons absorbed from the alimentary canal, can not be questioned, but sour milk was the only remedy he recommended, to which he gave much publicity. He apparently knew nothing, or at least said nothing, to which he gave general publicity of the value of other means of ridding the body of alimentative putrifaction.

To Cornero, the mind and body were co-related. He tied them together in a definite manner. And the same abounding health he enjoyed to greatly advanced age is possible to every man and woman of today. We have been impressed with the idea that God or Fate is to blame for death in practically all cases. We have loaded down the Almighty with all our mistakes, and it is about time to correct this erroneous impression.

YOU DIE BECAUSE YOU DESERVE TO DIE—unless some accident befalls you. Those who die prematurely from other causes have been guilty of slow suicide. You sometimes die because of the treatment administered.

In a recent issue we quoted the utterances of Dr. Eli G. Jones, in which he says that seven per cent of people die when they are without treatment, while the mortality record of those who take allopathic treatment is twelve per cent. This is truly an amazing admission by an allopathic physician as to the value of his own methods of treatment.

But what is the real secret behind the long life?

When one is past the meridian of life the most important feature associated with a "good old age" is the attitude of the mind.

You cannot live long unless you love life. You must desire to live long. You must do better than that. You must determine to hold on to life with all the strength of your will.

Every doctor knows the value of a patient's fighting spirit. When you are struggling between life and death and you give up, there is but little hope for you. But if you grit your teeth and determine to live, your chances are much improved.

Therefore, we must admit that some who have presented theories on long life and have failed to live to an old age, may have died because such was their desire. But we must also state that a desire of this nature is due to a large extent to physical or mental causes. If you do not desire to live there is something wrong with your habits of life. You are not getting the beauty or joy out of life that should come your way.

And the fault is yours.

Keep Young Through Mind Force

THEREFORE, in your plans for a long life, you must first remember the value of mind force. You must rid yourself of the shallow-mindedness associated with the idea that the delights of life come from what is really dissipation.

"A short life and a merry one" is said to be desired by many who follow the conventional dissipations of the day. "Eat, drink and be merry for tomorrow we die" is often heard. Happiness is often supposed to be wrapped in a certain amount of alcoholic stimulation. Clouds of tobacco smoke are supposed to carry one to an earthly-heavenly-realm.

Habit represents a tremendous force in human life. We fall into a certain routine. We associate with those who are similarly afflicted, and we somehow believe that happiness cannot be found in any other way. The mind is certainly in a better condition to enjoy life free from the dope of tobacco or the stimulating effects of alcohol. It is the shallowest sort of reasoning that can derive any other conclusions.

To enjoy life in all its fullness your body must be free from every false stimulation. It must be allowed to work out its processes without hindrance. Its marvelous mechanism must be allowed free play in its every part.

Value of a Clean Stomach

THE next feature of importance in the enjoyment of a long life is a clean alimentary canal. Your stomach and intestines must be free at all times from putrefactive influences. Your tongue must be free from coating, your breath must be sweet and clean. Your body should have a pleasing aroma. There should be a perfume of health associated with your physical personality that radiates cleanliness, wholesomeness.

Disease comes from an unclean stomach and the foul-smelling contents of the small intestine and colon. The problem therefore of retaining life and health to an advanced age is closely associated with the cleanliness of this important organ. The a b c of dieting should therefore be thoroughly understood by the students of longevity.

Nearly all of us eat too much. The hardship of the recent war is supposed to have been heartrending, and yet, even in Germany where the food restrictions were perhaps more rigid than any other country, the mortality record during the war among the civilian population was greatly reduced.

The New York Life Insurance Company maintains that its losses in the German branch of its business was far less during the war than at any other period.

The war has taught us some fearful lessons. It has delivered sledge-hammer blows to some of our old-time prejudices.



One Egg a Hearty Meal

CORNERO so greatly reduced his diet that the average person would not consider it sufficient to keep a bird alive. To him, an egg, without any of the accompaniments, bread, potatoes, etc., was a hearty meal. At one time in his life he states that at the request of his relatives who thought he was starving himself to death, he increased by a few ounces his daily allowance of food. A short time thereafter, fever and other symptoms developed, indicating the seriousness of this mistake. Therefore, to live long, you must learn to diet yourself in a most rigid manner; and the adherence to a regimen of this character is not a hardship when it has once become a habit.

People often say, when they are told of the importance of adhering to a sensible diet, that they would sooner die than deny themselves the pleasures of the table. But how can we talk of pleasure associated with a stomach-stuffing process that often leaves one in a drunken stupor from over-feeding. You would hardly call the drunken stupor pleasurable. The pleasure comes solely from the filling-up process.

Now, if we were to tell the average glutton that by lessening the quantity of his food and following a more rigid diet, the pleasures of the table itself would be greatly increased, he would doubt the truth of the statement, but it is a definite fact nevertheless.

If one is searching for real pleasure in eating, he should cut down his diet to such an extent that every mouthful of food is enjoyed with the keenest sort of zest. Then one will become a real epicure and actually learn something of the real enjoyment in eating. The joy of gluttonous feeding is a drunken stupor compared to the delights of epicurean dieting of this sort.

There was one phase of Cornero's experience that undoubtedly did much to prolong his life, for which we will not give him much credit. He adhered to this part of his regimen unconsciously. He was in the habit of using a certain amount of grape juice, he called it wine but he says that two or three months of each year preceding the time of the ripening of the grapes, that his appetite disappeared (the grape wine fermented and he could not drink it) and he grew so weak he could hardly walk.



Fasting for Prolonging Life

IT is quite apparent therefore, that at this period of the year he took what was equal to a long fast, probably equal to a total abstinence of from twenty to forty days. Therefore, Cornero had the additional advantage of a thoroughly cleansing fast for a comparatively prolonged period once each year.

Now what can we learn from all this that will be of practical, definite use in our daily habit?

The factor that stands out with overwhelming

emphasis is the need of reducing the quantity of food we are eating. If your breath is not sweet and clean, if you are not eating with a keen appetite, not able to enjoy every mouthful of food, you are treading on dangerous ground. You are shortening your life. You are living over what might be called a physical volcano which is liable to break out at any time in the form of a fever, pneumonia or other serious symptoms. It is not easy by any means, the solution of this dietetic problem. It is a great, big task, and it requires character, will-power far above the ordinary in order to carry out the demands that will be made on every intelligent disciple of longevity.

To enter into the subject as to the kind and character of food is impossible here. But the more nearly you adhere to distinctly natural foods that are found in fruit, nuts, grains, vegetables, salads, the safer you will be, though we might admit that abstinence from meat products is usually of an advantage. Whether or not these foods are admitted to your diet is of minor importance compared to the necessity of restricting your foods to the proper amounts.

Therefore, keep your alimentary canal clean with the free use of distilled or other pure water.

Follow a rigid scientific diet and fast whenever abstinence of this character is needed. A yearly prolonged fast that will leave the tongue clean of coating, the breath sweet is recommended.



Maintain a "Live Spine"

THE next feature of importance associated with long life and which was apparently not a part of Cornero's regimen, was to maintain the spine in proper alignment. The spine must be held straight in a proper position. The science of healing which has recognized the spine as the foundation of the human organism has made an extraordinary advance in the healing art. Old Dr. Still, the father of osteopathy, died at the ripe old age of eighty-seven and as far as I can learn he depended mostly upon his own science to prolong his life. Had he recognized the value of fasting and scientific dieting as adhered to by Cornero he would probably have lived past the century mark.

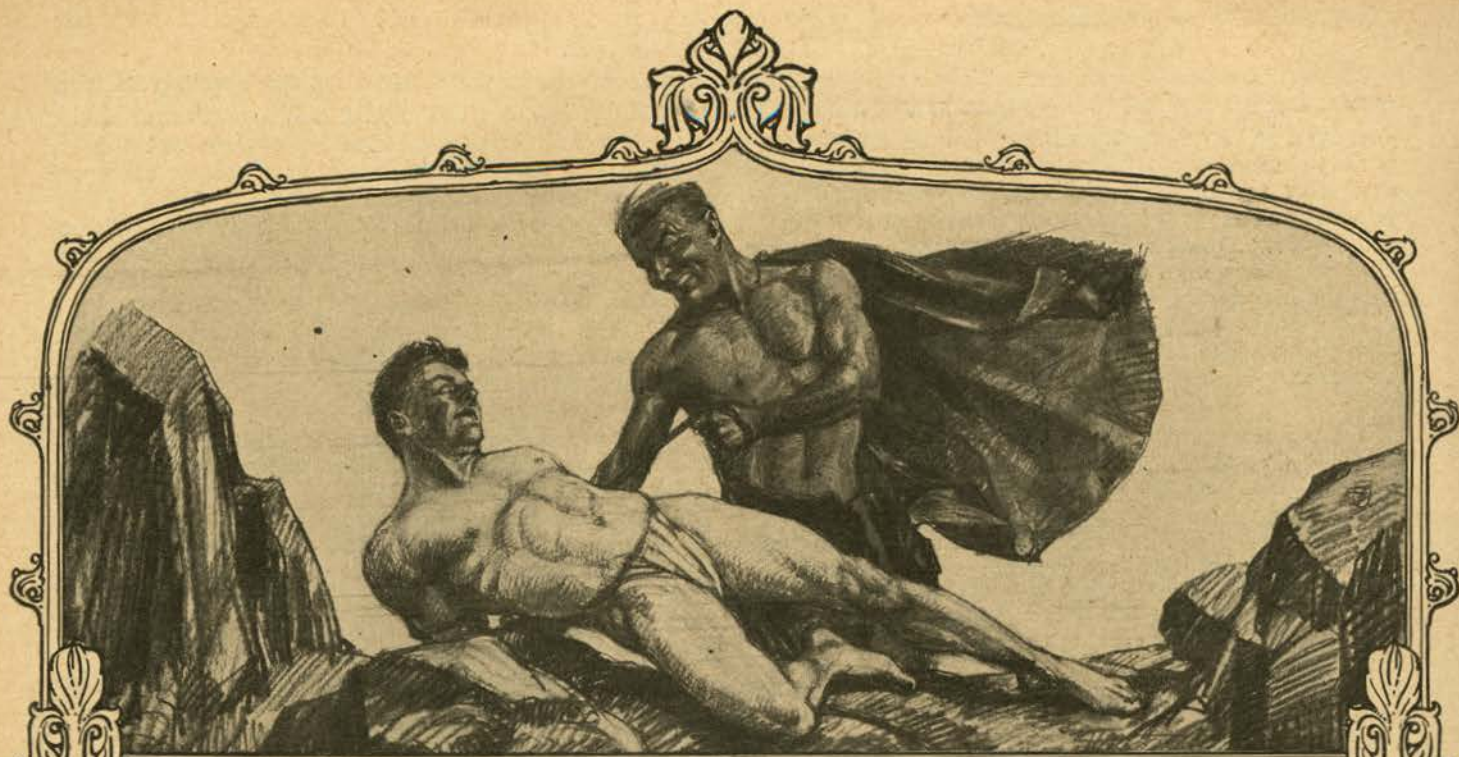
Therefore, you must keep your spine alive with the various movements which are essential to maintain the circulation and strength of its tissues.

Numerous exercises have been presented in this magazine from time to time that are valuable for this purpose and a practitioner who can stimulate and straighten out the "kinks" of your spine occasionally will be of distinct aid in the "keeping young" process.

Perhaps the best of all exercises for maintaining the spine in proper condition is found in what we call stretching exercises; reaching upward as far as possible while standing, touching the floor with straight knees, and stretching the body to the extreme limit while lying down. All the joints can be kept in a fairly good condition by the same stretching method.

A man is said to be as old as his arteries which means he is as old as the life cells in his blood, and these are renewed with every meal eaten at the dictates of a keen, normal appetite.

Prepare now to double the length of your life and make your life while you do live, more complete, more enjoyable, for adherence to these rigid principles will fill your life to the brim with truly extraordinary possibilities. Then you can depend on developing yourself, your talents, powers, capabilities to the utmost limits and avenues of activities should open up, that should, indeed, be resplendent with worthy achievements.



FEAR

By Dr. FRANK CRANE
 Decoration by Clinton Brown

TO the Seven Deadly Sins listed by the Church there should be added an Eighth, deadliest of all.

Fear!

It is the Sin of Sins.

It underlies all other sins. It enters as chief septic ingredient into every sin.

God is Love. In Love there is no Fear. God is the only one in His universe who is utterly Unafraid. To Him only, of all beings, the Frights have no meaning. —Pain, Death, Loss and the End of the World.

The Devil is pure Fear. His is the greatest Fear of all, for he is afraid to be Good.

Our worst fear is the fear to be happy.

We crucify ourselves upon the false cross of ignorance, and thrust into our own side the lance of superstition, to save ourselves from being happy.

Happiness is your rightful inheritance. Take it. As the Lily takes it, asking no questions. As the bird takes it, leaning its wing upon the air, drinking with its undimmed eye the sunlight.

Happiness makes health. There are a dozen fatal diseases that medical men now agree are caused mostly by Fear.

A daily dose of Fear is as deadly as a daily dose of arsenic.

It has a toxic effect, is habit forming, we get so we crave it, as if our regular hypodermic of morphine.

Fear destroys skill, prevents crafts-

manship. No surgeon who is afraid will operate. No artist who is afraid can produce a masterpiece. No mother who is afraid can bring up a child. No merchant who is afraid can be a success in his business. No soul who is afraid can be good or great.

Before every youth lies The Promised Land. Of his dreams, of triumph, of love, of high emprise. And to him, as to ancient Joshua, comes the command from the sky:

"Only be thou strong, and of a good courage, and the land shall be thine, wheresoever thou settest thy foot."

Fear is the enemy of Love.

To love victoriously, to make love a crown and triumph, calls for much bravery.

Jealousy is love rotted by fear.

With fear come unfaith, suspicion, sorrow of betrayal, and the soul stings itself to death, as a scorpion.

He that believeth not shall be damned. The world is full of the damned, afraid to believe.

Afraid of faith! Afraid to trust! Afraid of love! Afraid to help! Afraid to be happy! Afraid of God!

Like a poison stink from the open lid of hell, Fear creeps over the earth, and winds its miasmic wisps about stifling souls.

Be brave! Only so can you be great!

What Will You Look Like at Seventy?

Why Not Set Out Now to Establish a New World's Record for Youth and Beauty at Three Score and Ten?—Ninon de L'Enclos Held the Championship in 1686

By Raymond Johnson

BRING up in any group of six persons or more the question of how long one expects or hopes to live, and you may be sure, according to the law of averages, that some one will come back at you with a very emphatic declaration that he or she "hopes never to live that long"—assuming that the talk is about octagonarianism. (Even the name is long and hard to think of!)

Now that is a very common reaction and not at all an unwholesome one. It crystallizes the point that in the matter of long life there are two factors—that, on the one hand, of keeping the undertaker waiting unnecessarily, and on the other that of being thoroughly and keenly alive during one's advanced or advancing years. "Advancing" is right. That is what they should be, instead of retrograding years. You will probably find that about one out of three of your friends has no desire to "linger longer" if so doing means senility. Who wants to be a wreck—even a noble old ruin?

But if one can maintain youth and strength and mentality and good looks in the seventies and nineties—ah! that's different! Here is something that we are really interested in.

What do you think you are going to look like at seventy? Are you going to look forty years older, or forty years younger? Is it possible to retain the health and the vigor and the appearance of a young man or young woman at three or four score years?

It is possible to judge of what can be accomplished along these lines only by observing what has been accomplished. PHYSICAL CULTURE in the past has published photographs and accounts of any number of people of the present day who have illustrated the possibilities of retaining youth, vigor and good looks into a period far past the traditional allotted span

of life. But for the most famous and perhaps the most remarkable instance of this kind we can still go back about three centuries to Ninon de L'Enclos, who was undoubtedly one of the most famous women that ever lived.

Without any effort on her part, she attracted all men to her; and at the age of eighty-five her great beauty inspired one of the young nobles of the court with such a passion, that he killed himself in despair when she refused to marry him.

Even Louis XIV—the vainest man of his day, who was wont to compare his glory to that of the sun—declared her to be: "The marvel of my reign."

Which was something more than a mere bit of royal flattery, when you stop to consider that the elegant Louis changed mistresses with all the *sang froid* that the average woman displays in changing her mind—or her choice of spring hats.

At seventy, Ninon could calmly face her mirror, put it through a sum in subtraction, and make it answer "thirty."

And take it from the faithful Jeanne Sauval—her Boswell—it was all done without any "make-up."

Symmetrical, elegant and yielding of form, brilliant of complexion, and hair of purest white—perhaps her one concession to advancing years—she attracted her admirers no less through her wit and cleverness,

than by her extreme beauty.

She had discovered Ponce de Leon's Fountain of Youth. But it is doubtful if many of her contemporaries realized the full worth of the exercises she used; as even the devoted Sauval makes but slight reference to them—while dwelling at length on a metal mask that Madame used at night to retain the freshness of her complexion.

Saint Evremond, one of her lifelong friends, fully realized their value however, and practiced them so assiduously, that at the

(Continued on page 81)



The woman who never grew old. Ninon de L'Enclos (1616-1706). During her ninety years of life this fascinating creature never lost her beauty and charm.

How Long Will You Live?

By Edwin F. Bowers, M.D.

IF the fairy godmother who watches over the destinies of each human being—and who develops a fine crop of wrinkles and gray hair in so doing—were to offer 'most any of her god-children the choice of three gifts, about nine out of ten of us would choose, as the first gift, that we should be given the boon of long life.

This is perfectly natural—from a philosophical angle. For self-preservation is the first of all natural laws. There is, therefore, in every one of us, a very definite satisfaction in the death-defying achievements of our ancestors, and we take unto ourselves real pride in the fact that we come of "long-lived stock."

And justifiably so, from this standpoint of longevity. For if your ancestors lived to an average age of, say 84—accidents aside, and all other things being equal—your "expectation of life" is measurably increased by this fact.

If you come of long-lived stock, and if you have sense enough to observe such measures of hygiene, sanitation, diet and exercise as shall give your ancestors a chance to demonstrate the fact that they have made a success of you, physically speaking, you will probably achieve the distinction of hale old age.

If, however, you presume on the blessing of the good constitution your ancestors bequeathed to you, and take all sorts of foolish liberties with this good constitution, you are hanging a fine, fat garment of chains around your neck, that will inevitably tangle up your toes in the race you are running against the old gentleman with the sharp scythe.

And, by the same token, if your ancestors died comparatively young, and you have the excellent good sense to be warned by their example, you can, by cultivating health, and by living in conformity with Nature's laws, turn the liability of a poor inheritance into the asset of a sound constitution.

It is true that you can't select your parents and your grandparents. But you *can* select your mode of living so that, in a great measure, you can keep your vital organs in good running order, increase your resistance to

disease, and materially enhance your constitutional strength.

These are the conclusions arrived at by Dr. Alexander Graham Bell, and by many of the most eminent students of eugenics, the world over, who place the blame for the abbreviation of human life squarely up to the five-sixths of our population who wilfully, or ignorantly, refuse to make the most of their physical inheritance.

These are subjects that must interest every intelligent person in the world—because we are all vulnerable. So, more and more, as we approach the vulnerable age, we interest ourselves in the means by which the very old became so, and in the methods they employed in achieving this fair distinction. A voluminous literature has grown up around the problem, and rapt audiences

can invariably be found for the man or woman who speaks with authority on the subject.

Now, gauged by the number of million years *we* and our furred forbears have been practicing the gentle art of living, our achievements in the field of longevity have been singularly futile. So far as we know, the extreme western boundary of life has not been materially extended. We die just as regularly and inevitably this side of the century mark as we ever did, notwithstanding the marvelous advances in scientific knowledge.

It is true that the *average* of longevity has steadily increased—that the mean age of civilized humans has been enhanced. But this is due largely to the fact that we have learned to "save the seventh baby"—the baby who, in the "good old days"—which were really very bad old days—died before the second year of its life had

passed. Science, in cleansing the cities, in providing great sewers and clean water supplies, in disposing of accumulated garbage, and in instituting precautions against infections, has put down a protecting barrage against the hosts of the Pale Horse Cavaliers.

Mothers have been taught the value of bathing and sanitation and fresh air. They have learned *not* to feed the baby frankfurters and liberty cabbage. They are

(Continued on page 20)



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The world's oldest jester. His little longevity joke fooled the nation. John Shell, of Greasy Creek, Kentucky, was recently reported the world over to be one hundred and thirty-one years old as a result of the simple life in the quiet Kentucky mountains. He claimed to have lived ninety years with one of his wives. The New York "Sun," investigating, found that the census reports of 1860 showed him to be thirty-seven years old at that time, making him ninety-seven years old now. It was found that he was insane in 1889 and now suffers from senile dementia.



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Perhaps Mrs. Marie Heitmann, of Oakland, California, illustrates the fact that married women live longer than single. She has just reached her one hundred and third birthday, according to reports, and is still keenly interested in life.

Charles Murray, gatekeeper of Trinity Cemetery, Washington Heights, New York City, believes he is the only man in the world earning his daily bread in his one hundred and third year. He has lived a clean, temperate life.

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New York City

How Old Was Grandpa?

—That's Your Length of Life

OF course long life is not inherited. But a good, tough constitution is. If you do not toughen it by abuse you ought to live just about exactly as long as the average of your grandparents. The editor has figured it all out, and if he escapes hanging he ought to live, approximately and in round numbers, about ninety-one years and twenty-three days. Why not put down the figures in your own case, and figure out your chances? Let us suppose that here are three family histories, showing in each case the length of life of the four grandparents.

Grandpa Jones, 81	Brown, 30	White, 30
Grandma Jones, 85	Brown, 35	White, 50
Grandpa Smith, 95	Green, 45	Davis, 70
"Granny" Smith, 99	Green, 50	Davis, 90

Average 90 Avge. 40 Avge. 60

Now suppose one of these groups represented your family history. If the first group, would you not expect to live to the age of ninety years, especially if you lived as Messrs. Jones and Smith and their wives did? If your figures look like the Brown-Green family, would you not be afraid of a short life, and therefore anxious to make it a merry one? If the third group were yours, would you expect to die at thirty or at ninety,

or would you prepare to split the difference and peter out at sixty? Of course accidents, war, suicides, and even epidemics must be taken into account, and you may wish to discount the figures, in your favor, though of course you have just the same chance of war and accidents. Naturally, if your ancestry is long lived, your chances are good. On the other hand, if your family history looks too much like the second group, you will have to "watch your step." The encouraging part is that you can fool grandpa by guarding against the thing that carried him off. You can provide for those ideal conditions of living that will enable you to improve the family record and to hand down more encouraging possibilities to your grandchildren.

—THE EDITOR

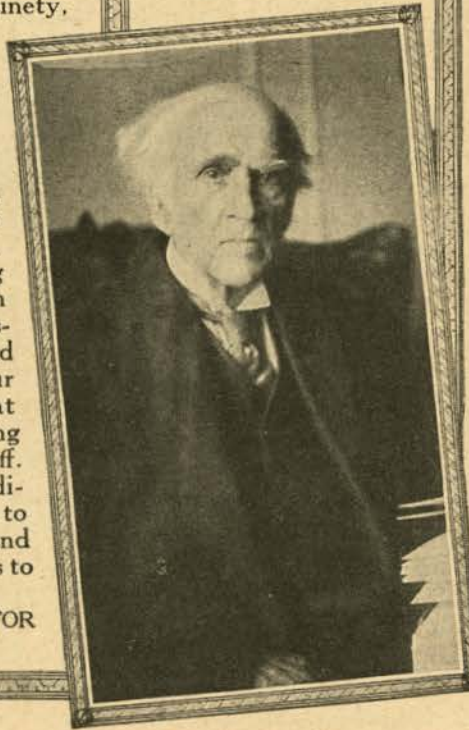


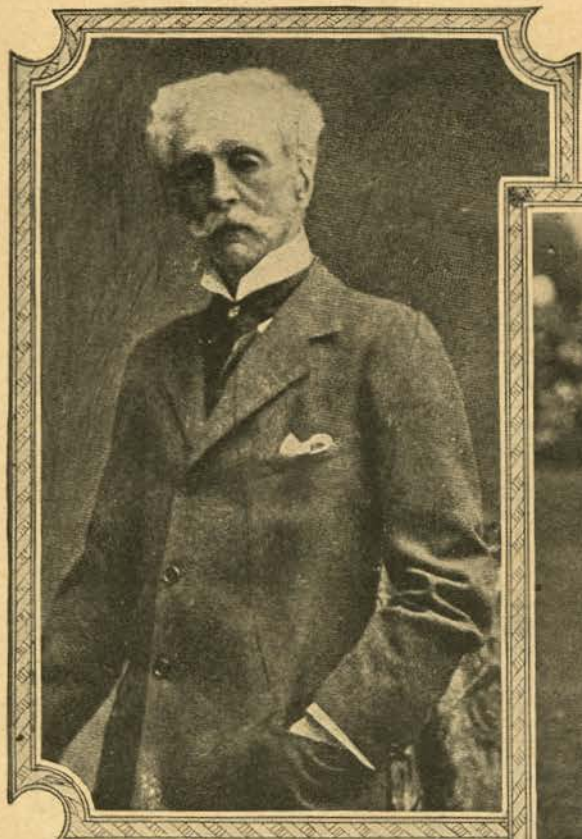
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Do you expect to chop wood on your hundredth birthday? Mrs. Howell, of Waltham Cross, near London, celebrated her century birthday in this manner, not necessarily because she had to, or needed the kindling, but because she likes to be active.

There is no fun in living long unless one is mentally alert. Dr. Stephen Smith, Dean of New York surgeons, at the age of ninety-six is one of many illustrations of intellectual vigor as a factor in retaining youth near the century mark.

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Count Guiseppe Creppi at the age of one hundred and one, is said to be the oldest living diplomat in the world. He advises us not to worry, which we approve, but also he says, "Do not fall in love, do not marry, do not live a family life, and avoid children," which sounds like saying "Do not live, in order to live." We will go elsewhere for our keep-young advice.

instructed by the visiting nurse—and she is one of the most wholesome and healthful institutions that has ever come down the Pike Of Time—to properly modify the baby's milk and to boil the bottles and the nipples from which the baby is required to drink its milk.

Cholera Infantum—which, in the lifetime of men and women still young—used to make the summer a time of terror—is now practically *non est*. Great epidemics such as cholera, typhus, yellow fever, typhoid, and malaria, have been wiped out by science and sanitation.

Our municipalities keep a vigilant eye upon the milk can. The careless Borgia who debonairly dumps a mess of sewage—or polluted products of his slaughter-house, or tannery, or glue factory, into the water-supply—is haled to court, and fined until his whiskers curl.

Discouraging ills, which could be depended upon to kill thousands upon thousands, fifty or sixty years ago, now claim only a few victims each year. Tuberculosis, diphtheria, and dangerous acute infections show

an amazing decrease in their death rate; as is proper.

The disease-breeding trinity of flies, fingers and filth, have been Bertillioned, and have had their thumb-prints taken. We know them for what they are—pestilence-producing life shorteners, and we strive—although not nearly so vigorously as we *should* strive—to keep them from contaminating the material that goes into our alimentary tracts.

We have reduced the death-rate to such an extent that certain strabismic-minded asses—who have read only one side of the Malthusian page,—even insist that it is necessary periodically to cook up a war, in order to kill off the excess population.

And certain other jack-asses, who do not know, and who do not permit others to know, the simple and scientific means of controlling the birth-rate, argue adle-



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It must be a great feeling to be as young and strenuous at sixty-nine years as Alexander Mackintosh, who was photographed as above at the Annual Scottish Field Day.



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Mrs. Zelig Longley Young keeps up with the times—"up" is right—by airplane flights in her eighty-eighth year. She does not propose to miss anything if she knows it.

patedly and disgustingly, that the "survival of the fittest" will poison with rotten food, or starve with no food, the excess population, which, they claim, is what Nature intended in the first place.

Yet, at no time in the history of the world have human beings been so persistent and so successful in coping with disease. We have, indeed, gone far in the good work. For, in the three hundred years ending in nineteen hundred, the general death-rate



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Here is a man who believes that constant contact with the soil keeps one young. Antone Tecera, Oakland, Cal., at one hundred and three years is regarded as the Dean of American gardeners. His wife at ninety-seven shares his planting and hoeing.

has dropped from 39.7 per thousand to 17.6. In the registration area of the United States the death-rate for 1890 was 19.8. In 1913, it was 14.1.

And yet, in spite of all this progress, in spite of all the tomes and libraries that have been written on the subject the forty-year old American of today has an even smaller chance of a hale old age than did his father or his grandfather. In other words, his "expectation of life" at forty, is decreasing every year.

Why is this?

For one thing, it is because the average American doesn't marry so young nor so often as did his grandfather. Notwithstanding the half-witted contention that married men don't live longer than single men; it only *seems* longer to married men—grim-visaged statistics prove that married life has one compensation, anyhow—an increased life expectancy.

Prof. Willcox, of Cornell University, and the New York State Board of Health Department, have *proved* this.

For, of men between the ages of 20 and 29, the death-rate among bachelors is 57 per cent greater than among married men.

Of men between the ages of 33 and 39 the death-



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This most remarkable example of youthful vigor at the age of ninety-one years is Bishop Waite Hocking Stirling, demonstrating that a keen active mind helps to keep one not only alive, but young and vigorous.

rate among bachelors is 119 per cent greater.

Of men between the ages of 40 and 49 the death-rate is 105 per cent greater.

So the man of thirty, who has given a hostage to Fortune in the shape of a helpmate, has twice as good a chance of living to celebrate his fiftieth birthday as has the man with no wife.

There are a number of reasons for this. But the chief one is that the married man is not nearly so liable to contract venereal disease as is the single man. And venereal disease is the greatest of all the disasters that can befall the physical life of man. As Bernarr Macfadden has repeatedly pointed out, venereal disease causes more rheumatism, heart and kidney degeneration, paralysis, insanity, and general physical incompetency than any other five diseases, rolled to-

gether. Indeed, as a prime life-shortener and constitution-crippler, venereal disease is in a class by itself.

The married man, as a rule, gets better things to eat. Of course, he may not admit this. In fact, he may lean strongly to the opinion that what his wife doesn't know about cooking would fill the lexicon of youth—and a lot for outside trimmings. (Continued on page 56)



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This looks like a family record in health and longevity, being the Foster family of seven brothers and one sister, all living and averaging seventy years of age. Ages range between fifty and seventy-nine years. They were never happier in all their young lives.

I Swapped 141 Meals in a Row—for Health

What My Forty-Seven Day Fast Did for Me,
and What I Learned from It

By H. A. Noureddin Addis

DRAWINGS BY W. S. BRONSON

I AM a specimen of that hearty-looking, well-nourished type, that gets scant sympathy when he complains of ill-health.

"How do you get like that?" and, "You're the picture of health," are samples of the sort of thing any reference to my state of well being evoked.

And why?

Large, heavy-limbed, a little over six feet tall and usually weighing around two hundred and fifteen pounds, my tales of ill-health failed sadly to go with my appearance. But while I bore no outward sign of undue fat, and was equipped with the strength of an ox, my exceedingly short endurance had long evidenced a condition far from ideal.

Before leaving childhood behind, I had awakened to the realization that the human body is heir to disease and suffering. An abnormal internal condition, sometimes very painful, at others scarcely noticeable, gradually took hold of me, and I entered the ranks of the chronic sufferers.

And to the healing fraternity of various schools and methods I have certainly appeared a bright prospect. Where the errant fancies of others have led their faltering footsteps under the bright lights' glare, mine have led me to where the "quack" flaunted a shingle.

At the wine, woman, and song age, I was cooling my heels in physicians' waiting rooms; or perusing seductively phrased, patent medicine literature. Had not poverty been my constant companion I might have laid the financial foundation of a new school of medicine; as it was I started several patent remedy manufacturers on the road to wealth.

M. D's, Osteopaths, Naturopaths, Physcultopaths, Hydropaths, etc., etc., I've tried them all. And I must say I've found some exceedingly fine men among them. Most of them have given me relief, and in the cases of those who did not, I'm willing to believe that it wasn't because they didn't try.

"You're neurasthenic," snorted one physician disgustedly, when after having treated me for two or three months, I told him definitely that I was not improving.

And I believe he was right in that diagnosis if in no other. And so are we all neurasthenic,—all the ailing, never quite-well-and-never-very-sick, dead-and-alive crew that make life for healers of every kind, creed, and color one grand sweet song.

I've dosed myself with drugs; I've been massaged, rubbed, thumped, pounded and otherwise man-handled; I've submitted to the carving process—parting with some of my innards thereby; I've made a contortionist of myself in the practice of calisthenics, and a first-class all-round athlete in the pursuit of health by the heavy gymnastics road; I've taken baths, medicated, hot-Sitz, cold-Sitz, hot man-size tub baths, cold of the same, a daily plunge in the surf summer and winter, Turkish, vapor, hot-air, and Russian.

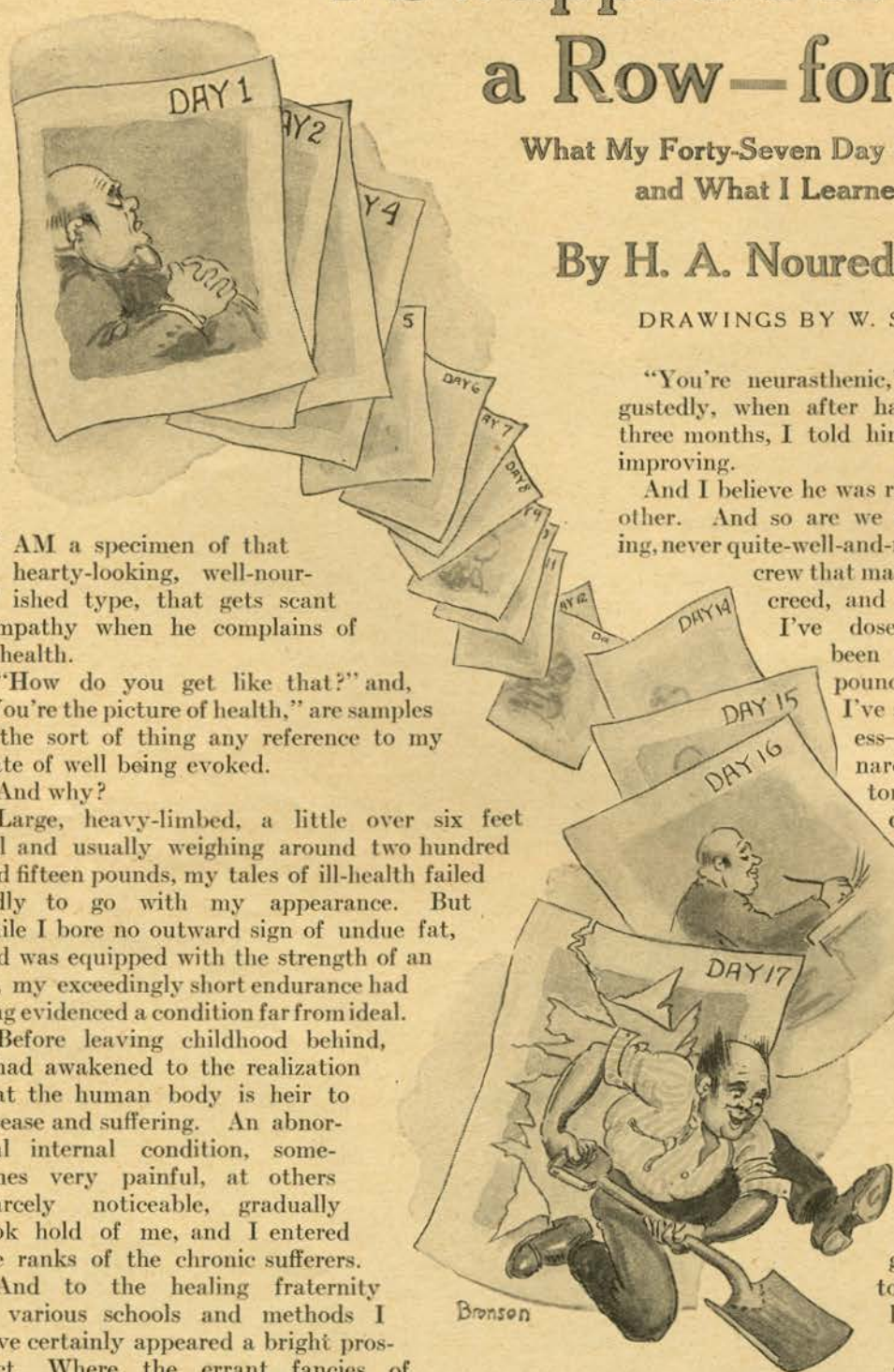
And worst of all, I've stood on a cold tiled floor my arms wrapped about two iron stanchions, while three or four husky, beetling-browed giants strained and struggled to subdue the writhings of a hose about the size of an old-fashioned kitchen stove-pipe, and directed at me with indifferent success a stream of water that might have been used with telling effect on enemy

air-craft during the late war.

Last June, I began to get mad. "You're never well enough, or at least you think you're not, to do a man's work," I said to myself. "And you're never sick enough to die. You'll probably go on this way for the Lord knows how many years, and in the end outlive your great-grandchildren.

"I know what I'll do to you," I informed myself; "I'll quit eating; and I'll stay quit—until I've either starved the disease or the life out of you."

The idea wasn't altogether popular with me; still I was so disgusted with myself, that I was about ready to try anything. So the two or three weeks that



Bronson

Then came a period when I lost weight much more slowly, and felt much better

elapsed before I arrived at this conclusion and the time I actually started my fast, represent what economic and political writers term a period of great unrest.

Fasting is surprisingly easy when one gets started. The first few days were passed in almost continuous sleep. Thus I passed over the most trying time without great difficulty. At first I drank large quantities of water. When thirsty I drank; and when hungry I drank. As the fast progressed, however, I took less and less water. There was less call for it; I suppose the condition of the system was responsible. In spite of all the insane things I've done and had done to me in trying to realize good health, I am, and always have been a firm believer in Nature.

Two baths a day; a cold one in the morning, and warm in the evening, made a rule from which I never deviated. Also the bowels must be looked after, and made to move daily. A great part of the impurities eliminated by the body as a result of fasting is thrown off by the bowels. The bowels, the kidneys, the skin, the lungs, and perhaps the salivary glands, are the great scavengers of the body; and must be kept in the best working condition.

At first I lost weight rapidly,—about eighteen pounds in the first nine days. Then came a long period when I lost much more slowly; and toward the end I lost more rapidly again. My habits, except for eating, remained very much as usual for a long while; more than thirty days, in fact. I went out in the evening when I wanted to and met my friends. But there came a time when I feared the effects of the solicitous suggestions of these same friends—the fasting subject is remarkably sensitive to the power of suggestion—and quit taking part in social gatherings.

I never stopped going about town though. I was down-town on the forty-second day; then again on the second day after breaking the fast. On these occasions I looked after whatever business matters needed my attention; doing my best to escape comment on my altered appearance from such of my acquaintances as still recognized me.

Yet in spite of steeling myself with all the fortitude at my command to ward off the unwholesome effects of suggestion, I found I had to avoid my acquaintances, especially my more intimate friends,—during the last two or three weeks.

Of course I know that to most persons, and above all to those who have never inquired into the philosophy of fasting, it is a terrible thing to see some one wasting away at the rate of a pound or more a day. (In forty-seven days I lost just sixty pounds in weight.) Why, I cannot say, unless it dates back to a day when famine was an ever-present reality and starvation a factor always to be reckoned with. But it seems to be a natural instinct of the human race to look upon a reasonable accumulation of adipose tissue as a sign of well-being.



"I'll quit eating," I informed myself, "and I'll stay quit until I've either starved the disease or the life out of you."

strangers—who insist on treating the faster as some new and curious breed of wild animal. To this category belong those who sagely remark: "I know I'd have starved to death long before this!"

"Don't you get awfully hungry?"

"Did you ever fast before?"

"I knew a man that fasted *once*. Yes; he fasted six weeks—got along so nicely—then he died."

In the face of all of which one is supposed to continue to conduct himself no less as a gentleman than as a faster.

But the worst of all is this one; and the prospective faster might as well make up his mind to it in advance, because he's sure to hear it sooner or later:

"I know fasting's a good thing—I've seen people cured of all kinds of ailments by it.

"But—there's *one* thing you *must* remember, old man; don't overdo.

"Why I've heard of cases where the fast was prolonged so far, that when food was resumed the digestive organs wouldn't handle it. The patient just had to wait for starvation to finish him."

Assimilate this little lecture, which to anyone taking his three to six meals per diem sounds very innocent and harmless, and make the best you can of it; because if you fast for any length of time, and meet many people, you'll hear it again, and again, and *again*; and take it from one who knows, it won't sound so innocent and harmless at the time.

On the forty-fourth day of my fast my tongue was almost clear, my breath was not noticeably offensive, and I felt fine. I wasn't well, but greatly improved. That day I worked for several hours in my garden, digging, cultivating, planting. Next day I awoke with a clear tongue—during the fast the tongue becomes heavily coated—and according to the usually accepted rules, my fast was ended. The poisonous matter was purged from my system, and I was living on good healthy tissue.

Real starvation began to operate at the instant the last of the waste matter disappeared. But one thing remained, I had no appetite,—no desire for food. This is a symptom that should have appeared at the moment the tongue cleared,—an important item in judging the proper moment for terminating a fast. This was the forty-fifth day.



On the forty-fifth day the coat on my tongue was completely removed and it was clean.

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For weak abdominal muscles
Raising the legs while hanging
from a bar.

What Is Your Child's Weak Point?—How to Correct It



The inactive child who plays only with blocks and picture cards, particularly needs physical training.

There Will Be No "Draft Rejects" in Future If We Bring Our Children Up Sound and Strong

By Robert L. Stoehr

SKETCHES BY EDITH M. B. WILLIAMS

ALL mothers and fathers wish their children to be strong and healthy. Many youngsters are naturally so.

But only taking into consideration the children who are born not especially rugged, is it possible to improve their physical make-up? Can vital resistance, red blooded health and all-around strength be cultivated in the infant and the child? Assuredly. To a large extent the physical improvement of children is a matter of proper food, fresh air, sufficient sleep and appropriate clothing. Not one of these can be ignored.

Children need all the sleep they can get. Up to five years of age, if possible, they should sleep two or three hours each afternoon. They need almost continuous fresh air. They should practically live out of doors the year round. Their diet should be plain, wholesome and nourishing, with an abundance of milk, with no food allowed between meals to spoil the appetite, and especially with no cheap candy to overtax the liver, spoil the teeth, and interfere generally with good nutrition.

Most children, if unhampered by the artificial restrictions of civilized life, would secure sufficient exercise from the spontaneous activity of play. Play is the one great and universal means of strength building and education. Young animals educate themselves through play. In the human race play serves as a means of both physical and mental education. The child first develops its mind through the use of its muscles. Continuous activity is the one invariable characteristic of all healthy children and it may also be said that under many conditions play is the very best form of physical training. At least this is true of those children who are naturally strong and energetic.

But play has certain limitations where bodily defects of any kind are concerned and where children are inclined to be frail. Under such conditions, special attention will be required. Systematic and persistent

exercises directly affecting the weakened parts will bring about a condition of symmetry and harmonious strength; and this result can be gained in

no other way. Play alone is not usually sufficient.

Those children who are so full of energy that they are constantly on the move and simply cannot keep still, will usually need no special attention in the way of physical culture. You cannot do better than to turn them outdoors into a nice, grassy yard, where they will have full freedom to wrestle and run, to push and pull, to roll and romp and play all kinds of games that may appeal to them.

If the little folks must play indoors in the winter time, then give them a room well provided with windows, open the windows wide and let them play with their sweaters, overcoats, leggins, mittens and caps on so that they will be provided for the cold air just about the same as if out of doors. But if the open air life is of such value in the case of rugged and vigorous children, it is even more important where delicate children are concerned. The latter should not be sent to school early, but should be kept out of doors, and, if possible, arrangements should be made on any convenient porch, balcony or roof, or possibly in a tent, for outdoor sleeping.

The children who particularly require physical training are those who are thin, pale and generally delicate. The child who plays with blocks and picture cards, who prefers to sit on a rug rather than run about, who never makes any noise, and whom his parents regard as a very, very good little boy, will need special attention. Those who are always running, wrestling and fighting will get along well enough, but the quiet child and especially the nervous child should be encouraged in the direction of active play and in all forms of outdoor life.

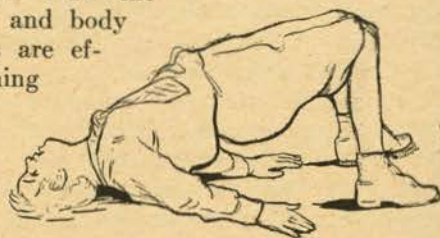
Bodily defects in children can usually be remedied far more successfully than in later life by special systematic exercises. All gymnastic work is somewhat corrective in character, though to get the best results this work should be individualized, depending upon the personal requirements of each child. For round shoulders, spinal curvature and conditions in which one shoulder is lower than the other, stretching and body bending exercises are effective. Stretching the arms high above the head, swinging by the hands from a horizontal bar, and twisting the body at



For weak ankles or flat-foot there is nothing like going barefoot.



To round out a thin neck, roll the head up and down in this position.



This is perhaps the best of all exercises for strengthening the upper spine.



For round shoulders and spinal curvature.



Doubling the legs against the body for digestive weakness and constipation.



"Deep knee bending," squatting and rising, for bow legs or knock knees.



If one shoulder is lower than the other, stretch that side.

the waist should be diligently practiced. If one shoulder is lower than the other, that shoulder should be stretched upward repeatedly. Let the child place a pencil mark on the wall as high as he can reach. Let him each day strive to stretch still higher to beat his previous mark. Wrestling and all physical exercises for the back will likewise tend to improve this condition. Bodily posture, both standing and sitting, is most important. The erect position can best be secured by stretching the arms high, also by bringing the arms back, thus pulling the shoulders backward. This exercise will likewise raise and expand the chest, overcoming any flat-chested tendency.



For round shoulders swing the arms far back.



For weak hands and wrists. Bring the stick down; see whose grip slips first.



Hand wrestling is a superb exercise for the back

Where the abdominal muscles are weak, and especially where there is constipation and digestive weakness, bending exercise of the trunk and those which double the legs against the body will be useful. Let the child lie on his back, hold his feet steady, and then let him raise himself to a sitting position without the use of his hands. Also while hanging by the hands, let him raise the legs to a horizontal position.

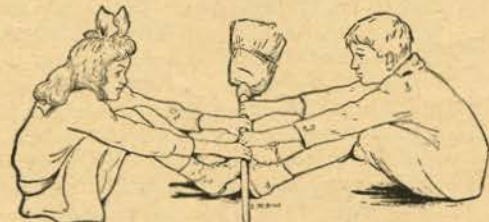
In any tendency to bow-legs or knock-knees, all strengthening exercises for the legs will be useful, particularly deep knee bending, or squatting and rising. Mechanical pressure or rubbing, either outside or in-

side the knee, as required, may have some effect in childhood, although these defects cannot be altered at or after maturity. For weak ankles or flat-foot there is nothing like going barefoot. If a child seems to favor one leg—that is, stand mostly on the other foot, he may have some weakness in this direction. Sandals and moccasins are just about as good as going barefoot, but all possible exercise for the legs and feet should be encouraged to strengthen the weakened parts.

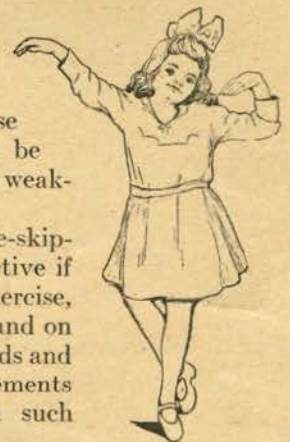
Skating, dancing and rope-skipping and running are very effective if one can practice them. Foot exercise, such as rising high on the toes and on the heels, bending the feet inwards and outwards, and also circular movements of the feet are remediable in such cases.

In the same way weak hands and wrists may be strengthened by exercises with a broomstick, using especially a competitive game in which two children try to pull or twist the stick away from each other. A thin neck usually goes with an undeveloped and delicate condition of body, and all kinds of development exercises are necessary, together with special movements for the neck itself. The latter should consist of bending the head far backward and forward and

(Continued on page 82)



A tug-of-war for two makes exercise interesting.



Dancing, skating and rope-skipping are desirable for grace and general development.



For digestive weakness, lie on the back, then rise to sitting position.



Balancing exercises of all kinds develop coordination and grace.

What About Food Combinations?

What is the Important Thing to Know About the Selection of a Properly "Balanced" Meal?

By Alfred W. McCann

ONLY too often the American meal consists of combinations assembled with utter disregard of the needs of the body. On other occasions the American meal consists of food-stuffs, scarcely a single one of which fails to bring its dose of chemical discord to the dinner. Let us look at several combinations, and, breaking them up into their component parts, employ the results as a foundation on which to erect a pillar of caution bearing a beacon light that will throw its rays into dark places.

BREAKFAST

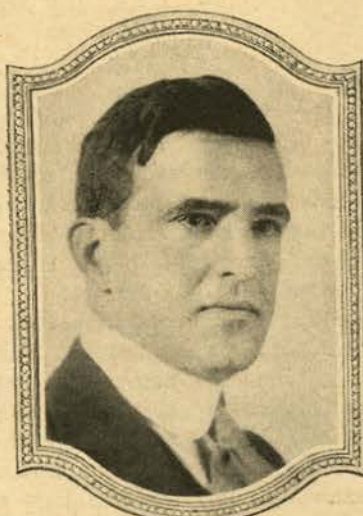
Sausage,
Griddle cakes with molasses,
White bread toast, nut butter,
Farina with milk,
A dish of stewed apricots or peaches
selected from the dried fruit family, and
A cup of coffee.

The sausage, entirely dependent upon its origin, may or may not contain anhydrous sodium sulphite, a spiteful chemical employed to preserve the fiery red color of the hemoglobin of animal blood so that it may not fade into a dingy gray or dirty brown. Much of the sausage now on the market, and in many communities all the hamburger steak prepared from clods and trimmings, contains this chemical.

As near as can be estimated, 90 per cent. of all the sausage manufactured in the United States contains rice starch, corn starch or potato starch employed as a filler, which enables the manufacturer of meat products to load his commodity with water which is readily held in large quantities by starch of any kind and thus sold at the price of meat.

I have before me numerous samples of a commercial preparation sold as "liquid smoke," the base of which is pyroligenous acid and a coal-tar color. This stuff has recently been driven out of New York and Brooklyn, but is extensively used in many of the large cities and small towns of the Middle-West, Northwest and Southeast.

The griddle cakes, in addition to being made of exhausted wheat flour or a compound of wheat, corn and rice flour, impoverished by the modern commercial refining processes, may contain, and very frequently do contain, reacting nitrites employed in the artificial bleaching of the flour. When Dr. Harvey W. Wiley was chief



Alfred W. McCann

of the Bureau of Chemistry he made a consistent effort to put an end to this abuse, but since his retirement from official life the federal government has winked at the practise, making no effort to stop it.

In Pennsylvania the state officials, under the leadership of Commissioner Foust, have recently disclosed their purpose to outlaw the bleached flour industry, at least as far as the Keystone State is concerned. In this respect it is interesting to note that the Calder Bill, now pending in Congress, will deprive the state of Pennsylvania of its right to interfere in any abuse, however intolerable, which is countenanced through political-commercial pressure by the Washington authorities.

The griddle cakes may contain, and frequently do contain, an alkalized casein manufactured not for edible but for technical purposes. The molasses with which they are deluged invariably is dosed with a heavy burden of sulphites described as "blanket" in the trade. If you will examine the label of the can of molasses sold you by the retail grocer you will find somewhere along the border-line in fine type, usually not noticed by the careless observer, an inconspicuous line reading: "Contains sulphur dioxide," or some similar declaration of the presence of this poison.

The white flour toast may or may not contain nitrites, depending entirely upon whether the miller employs a bleaching process or not. But the artificial butter, unless it be one of the chemically pure high-grade products, will be found to contain benzoate of soda used to prevent the development of moulds and to prolong the commercial life of the stuff while it remains unsold on the retailer's hands.

The farina will be found to contain practically nothing but starch and a little gluten. All the other priceless substances which Mother Nature elaborates in the seed of wheat have been thrown out to give the stuff its fine white appearance.

The dish of stewed apricots or peaches will be found loaded up with sulphuric acid, a considerable portion of which has been oxidized to sulphuric acid.

The breakfast combination thus described, is merely typical of many other combinations now secretly operating at the expense of the tissue integrity of the American

(Continued on page 64)

ARE YOU EATING TROUBLE THREE TIMES A DAY?

Some years ago there was a song that started out with "Did you ever have a fight, in the middle of the night, with a bur-gu-lar?" Perhaps you never did. But change those last three words to read "inside of you," and it immediately becomes interesting. Do inappropriate foods fight with each other in your stomach? Or do they simply fight with you because they do not belong in you? Or, as may sometimes be the case, do perfectly good foods simply fight for elbow-room because they are too crowded, as the result of your eating not wisely but too well. We have received a great many inquiries upon the subject of what are good food combinations? And so we have asked Mr. McCann to tell us about it. We think that in the closing paragraphs of this article he has made the whole question of food combinations as simple as A-B-C.—The Editor.

How I Cured "Nerves"

ILLUSTRATIONS BY G. WILLIAMSON

By R. W. G.

TO the average man, any mention of "nerves" is more apt than not to evoke a bland smile, a patronizing "Oh yes!" and a mental "piffle"—and you're lucky if the "piffle" is only expressed mentally.

For some of the unregenerate have even been known to guffaw lustily, and uncouthly insinuate that you are either suffering from an over-developed ego, or a sprained imagination; and descend to the realms of the vernacular to cap their little homily with some such gem, as; "How do you get that way?"—that is, if you're a poor but honest clock-watcher.

If you're one of the thirty-thousand new war millionaires, their attitude will probably be somewhat more respectful on the whole; though it will take no great amount of deductive reasoning on your part to discover that they still regard you as a species of the genus "Nut."

But be the cause wine, woman or song; shock, work, or worry; the league of nations, the income tax, or the eighteenth amendment, "nerves" do exist; and of all the wily, elusive, evasive and unspeakable ills to which mortal man is heir, they stand a thing apart.

They are the scape-goat of the medical profession, but a beloved scape-goat; for over their prostrate

you wouldn't treat any car that way yourself imported or otherwise.

And yet you will go along day after day, hitting on three cylinders—or perhaps even two; for nerves mean to the hu-



It cannot be done at an office desk.



Complete mental relaxation must be obtained.

man body *exactly what that vital spark means to the car.*

They're the controlling force. The intangible something that produces "pep,"—that power that puts you on your toes and keeps you there.

And you can put them in working order and keep them there; as surely as you can fix the

length and breadth the healer, and the would-be, climb to the heights of imported cars; and every thing that goes with them.

And speaking of imported cars, you wouldn't catch your healer running his with a short circuit in the firing system. In fact,

short circuit on the car—if you really want to."

"If every man—and every woman too, for that matter," said a big nerve specialist recently, "would take up some hobby in the line of good healthful exercise and ride it religiously, I'd be out of business in a year."

That's the opinion of a man who has made a fortune "curing" nervous cases. It should be worth something. "And what's more," he added, "I'd be glad of it."

But the victim in the grip of the vicious circle smiles resignedly and says; Oh yes! I don't doubt that's all very well for Jones. His nerves are different from mine,"—somehow or other they always are, and yours is the worst case on record (I know mine was)—"but I've tried all that bunk, and—"

He shrugs hopelessly, and—probably just to prove how hard he's trying—leans back in his chair and lights a cigarette. He might just as well squeeze the water out of a sponge and expect it to remain wet; but that sort of reasoning hardly ever goes home; because you see, his case is different.

"Besides," he adds, "they affect my heart. I can't exercise."

(Continued on page 66)



Manual labor will do wonders.

The Soul's Crucible

By Helen A. Wattles

ILLUSTRATIONS BY H. T. DENISON

III.

HOW much of what had occurred father related to my aunt I did not learn; I do not think he put the scene before her in detail, and I never spoke of it to Aunt Caroline myself.

"Did Agnes have a nice time?" she inquired on our return.

"Yes," I told her, "We had pink candy roses on our cakes. And father bought me another doll," I added, acutely uncomfortable beneath her direct, unsmiling gaze that seemed to probe my reticence. I loved my aunt because I was a child, with the passive affection a child feels for those around it who are not openly unkind. But I could not have told Aunt Caroline of the beautiful, strange lady who had frightened me—I could not. I might have confided in Grandmother; for one could always be certain that her attention was impersonal; she was concerned in your recitals only as they carried interest as a tale. So far removed from life she was as that. But Grandmother had again been wandering through a fretful confusion of her childish fears for a longer time than usual, and I was left much to the wholesome companionship of Nellie. Father, I am sure, purposely avoided recalling any incidents connected with our journey, that it might sooner be obliterated from my memory. And it was a very few weeks later that another happening, equally unexpected, filled my days to the exclusion of all else.

Carl came to us. I was standing at the window when I noticed the cab draw up and stop before our house. A young woman stepped out daintily and turned to wait for a little boy who followed her. I had never seen either one of them before.

It was easily discerned that they were strangers; the fact of their mounting to the front verandah instead of going around to the side door that was the entrance to father's office proved their unfamiliarity with the common order of things. Also the distinction of cut and style of the young woman's black gown and the little boy's suit of black velvet with its wide white collar set them apart from the fashions of our village. Before I had time to summon her, my aunt was already at the door. I heard her exclamation of surprise with a note of pleasure in it that was new to me, and a high-pitched, pleasant voice in rejoinder. My aunt led them into the living-

room; before she could speak our visitor caught sight of me and hastened forward with outstretched hands.

"This is Hugh's baby, I know. What wonderful hair!" She caught me to her lightly and kissed me on both cheeks. Her lips were fragrant, as if she bathed in perfume, and the same delicate suggestion of flowers clung about the folds of her satin dress. I smoothed its lustrous surface surreptitiously as she released me; she detected me out of the corner of her eye, and laughed as if she were pleased. "I knew father and auntie when I was a little girl like you," she said, "so you must call

me Aunt Eleanor. You don't look a bit like your father—does she, Carrie? Except the expression about her eyes. She must resemble—" She caught herself, laughed nervously, and in the same instant thrust the little boy before her to face me squarely.

"You and Carl must like each other and play together nicely. Shake hands with her, Carl. Did you say she was only five, Carrie? Rather a tall baby for her age, isn't she. Carl is seven. Do run away somewhere, kiddies, and have a good time together. But don't be naughty..."

She gave each one of us a playful push toward nowhere in particular. During the ensuing days of her visit this smiling dismissal was repeated in substance countless time. She was invariably charming about it, but she adroitly managed that Carl and I did not long continue our play in any room after she entered it

YOU CAN BEGIN THIS STORY THIS MONTH—READ THIS SYNOPSIS OF THE FIRST INSTALMENT

THE first instalment of this story, published last month, details how the heroine spent her childhood in the same house, a rather secluded one, in which she now writes. She lives with her father, a high-minded physician, her "Aunt" Caroline, whom she later finds is not really her aunt but her father's cousin. Nellie, the cook, and her paralyzed grandmother, Aunt Caroline's mother. The little girl has often sensed or suspected in Aunt Caroline's eyes a certain coldness which she cannot understand. Her own mother Agnes has never seen and has seldom heard referred to. One day a letter is received requesting that the child be brought to see some mysterious person, whereupon she is taken to the great city and to a hospital where she meets a beautiful lady with hair of the same reddish gold as her own. After a strange but tender greeting the beautiful lady is seized with a wild impulse to dance, and whirls around the room in a most amazing series of dances, finally in her excitement frenziedly seizing the child by the hair of her head. Following this incident, her father admits to Agnes that the beautiful lady, who looks so much like herself, is her own mother.

to talk, or rest, or read. Children *did* get on her nerves so, poor darlings; it wasn't their fault if she was such a dreadful cross-patch, but really, sometimes they asked so many questions and made so much noise they simply drove her *wild*. Carl knew what a growly bear of a person his mumsy could be when her head was bad, didn't him, Carl?

No, no, Carl would protest, seizing her slender fingers and covering them with kisses. No, she was *never* cross to him, *never* . . . and she must not call herself a bear. Aunt Eleanor would bend over him laughingly tender before she released her hand. A sophisticated or caustic observer might have suspected the artlessness of the pose. Carl's resemblance to his mother, too, somehow made the effect peculiarly engaging. His hair, like hers, was very black, and fell over his forehead in thick, half-curling disorder, and he had her same



"I was coming to that," he would say reproachfully.

trick of shaking it back from his eyes with a quick, impatient toss of the head. They both had gray eyes with unusually large pupils that contracted or widened perceptibly when they talked; and they punctuated much of their conversation with expressive, nervous motions of their hands.

At his mother's introduction Carl held out his hand with a smile of ready friendship. I squeezed it in both of mine delightedly, and even Aunt Caroline laughed aloud.

"Come on," said Carl, "Let's go look at the rabbits. Mother said she thought there might be rabbits."

"But there aren't any." I felt disconcerted and amiss in hospitality. "There's only Bob, the horse, and father is out with him now. I can take you to see Nellie, though."

"Who is Nellie?"

"She is the biggest person," I answered impressively, "the biggest person in the world."

"Oh, come on then," he capitulated at once.

I had no trouble in amusing him after that. We got along famously well together, especially considering that we were both unused to the companionship of other children. In his short, nomadic existence in the fashionable hotels his comrades had been among the servants. There had also been a governess who accompanied them from place to place, that they had left waiting for them

in the city—a somewhat negligible person I should judge, for Carl seldom mentioned her, and did not display any great degree of interest when I asked what she had taught him.

"Lessons," he would reply briefly, and dismiss the subject. There was one thing I should have appreciated: he had not learned in those mysterious "lessons" the small boy's scorn for playmates of the opposite sex.

He found Nellie to be all that I had promised in the way of entertainment, but he refused to grant that she was the biggest person in the world, and made the statement loudly, and quite heartlessly I thought, within her hearing. There were giants, said Carl, so big that their feet had seemed like mountains, and that standing on level ground beside them he had looked up and up, and yet had not been able to sight their boot tops. He also added for my further extinction that should a strong wind take up Nellie bodily and cause her to alight upon—well, say a giant's nose, he would mistake her for a small, fat fly, and brush her off with a flick of his finger.

"Like this!" Carl demonstrated airily.

"I'd be fallin' some distance then, it seems like," laughed Nellie, apparently taking the information with such levity that I begged her earnestly to be very careful, and never to walk out doors if a high wind should be



"I knew Father and Auntie when I was a little girl like you," she said, "So you must call me Aunt Eleanor."

blowing. Whereat she but laughed the harder.

I was taking my first breathless step into the realm of Carl's imagination, and my own, which seldom made the initial flight, was at least an eager follower through the labyrinth of his fancy. I remember especially The House with the Mouth and Eyes.

"It's a nawful, nawful house," said Carl solemnly. "An it's big an' black. You think when you're walkin' toward it from the front that you're seeing just a great big house with two windows an' a door. But when you get up close—"

"Then what, Carl, then what?" Carl invariably paused at this point of his recital, and I never failed to urge him onward with the same fearful interest even after I knew the intelligence that would follow.

"When you get up close," he continued, lowering his voice and edging nearer, "you find out that what you were thinkin' was a door is a Mouth that keeps a-opening and a-shutting, and what you were thinkin' was windows is—two—big—eyes! Maybe when I found that out, Agnes, I wasn't scared!"

"Oh, oh—" I shuddered with him.

"'Good morning, little boy' the Mouth said to me, pretending to smile pleasant like. 'Good morning,' I said back to him with my teeth shivering so I could hardly talk. 'Won't you walk in, little boy?' the Mouth said opening itself awful wide. 'Oh, no, thank you,' I said wanting to run like everything. 'You better walk in, little boy, that's all I got to say,' said the Mouth. An' the Eyes kept on blinkin' and a-blinkin—'Well,' I said, 'I guess I might as well go inside for a minute or two and see what I can see. Open up,' I said to the Mouth. And then I walked inside."

"And when you got inside the House, Carl, the very first thing you saw was—was—"

"Witches," he whispered darkly. "Witches, each with one—long—sharp—tooth."

"And what did they do to you?" I always besought him. "Tell me just this once—what else did you see? And how did you get out?"

But Carl would never tell me. There were some things he implied, too dreadful to repeat; nor would he ever tell me how he had been able to get out. This much information he gave, however: he was the only boy that had entered the House and returned alive to the bosom of his family. Carl had not the slightest desire to tease me; his reticence sprang only from the unerring taste of the artist—he was sensible that his dire experiences within the House related in detail could never produce the shuddering effect of horrors inferred. Carl himself always became rather pale in mentioning them.

"I guess your Grandma could tell you all about it if she wanted to," he said to me suddenly, one day. I guess your Grandma knows about everything, o' course—her being a fairy."

The idea probably had just occurred to him; but he believed it the moment he had spoken, and so did I. It was a delightful thought. Carl and I could meet on common ground when it came to the subject of fairies. Father had taken care that I was not a stranger to them—the good ones. He had read about them to me out of a gold and green book. It was funny about Grandmother, though; he had never told me.

"Well, I suppose he doesn't know it," suggested Carl readily. "But she knows all right."

It was my intention to question Grandmother immediately, but Carl held me back sternly.

"That's a nawful thing to do, Agnes," he reproved me, "to go sneaking and spyin' on a fairy. It makes 'em pretty mad to be found out, I can tell you. You better not go bothering her askin' around and tryin' to find out things. She could whisk you a thousand miles away with one wave of her wand."

"She hasn't got a wand."

"Hasn't she, though!" he scoffed. "I suppose she couldn't keep it hidden underneath the bedclothes! Anyhow there's a picture of her in my Fairy Book, white curls an' all—only of course she isn't in bed in the picture—and she's got a wand. That's why her room is all satin and gold and lace." (His keen eyes had perceived at once what I had always taken as a matter of course—the marked difference of Grandmother's room to the other rooms of our house.) "She said to herself, 'If I got to stay here in this room, if I got to, I'll fix it like I want it.' She sat up in bed one day, an' she says, 'I want a room all satin an' lace an' gold.' And then she waved her wand."

"She has to lie in bed all the time because she's sick." I was gratified to give him that much information, at least; but although for the instant he had no answer, his smile was disconcerting.

"Sick nothing," he said finally. "Did you ever hear of a fairy being sick? Have you been a-thinkin' all this time that she has to stay there in her room because she's sick?" He laughed boisterously.

My curiosity overcame my rising anger. "Why do you think she stays there in bed for all the time? She wouldn't, I guess if she didn't have to."

"Well of course she has to," he explained patiently, "but not because she's sick."

"Why, then," I inquired meekly.

"She's enchanted."

"Enchanted!" I held my breath.

"Yes."

He sat on the floor rocking back and forth slightly and hugging his knees, a habit I came to recognize later that meant he was secretly pleased.

"You know just about everything, don't you, Carl," I ventured admiringly.

"Oh, no, not everything. Oh, no!" he answered magnanimously.

But he rocked a little harder. His eyes were shining.

IV.

THEREAFTER we evinced a decided preference for playing in the vicinity of Grandmother's room. Sometimes we would creep nearer when her door hap-

pened to be open, so that from where we stood, if she turned her head ever so slightly, she could not help but see us. Then we could be sure that a moment later we should receive her quavering invitation to enter.

Carl amused her vastly. She encouraged, or rather goaded him into such obvious fabrications that even my India rubber credence became occasionally taut. It pleased her immensely when her innocent questioning at certain points of his narratives got him into a tight place, and she chuckled her enjoyment to see him unfailingly slide out of it.

"I was comin' to that," he would say reproachfully, and looking somewhat uncomfortable. Or, "I was going to explain about that part later on."

Grandmother's face would crinkle up into little creases, and although she urged him quite earnestly to continue, one knew that she was shaking with silent laughter; but because she was of that smallness becoming to a fairy the coverlet was stirred to a hardly perceptible tremor with her mirth. However embarrassed Carl might have been he did not once turn his gaze from her direction. I was aware, of course, that he was watching to discover the hiding place of her wand. Although it was never granted to our human eyes to look upon the magic staff our faith in its powers was not weakened. I am glad Carl and I were not of that estimable and unfortunate host who must see things in order to believe in them. We had sufficient proof in the fulfillment of many wishes uttered in Grandmother's presence to be certain that the wand had been wielded the instant our backs were turned. One wished aloud three times, Carl told me. For instance:

"I wish I could live here in this house," said Carl firmly, gazing fixedly in my Grandmother's eyes. "I wish I could live here in this house; I wish I could live here in this house!" He nudged me with his elbow. "There. Now you make yours," I heard him mutter in my ear.

I could think of no wish more delightful than the one he just had spoken.

"I wish for Carl to live here in this house," I called out loudly. "I wish it more'n anything—"

"Hurry!" he whispered tensely, "Two more times!"

"I wish for Carl to live here in this house; I wish for Carl to live here in this house," (Continued on page 60)



We searched it thoroughly, bending carefully over each cabbage and feeling of each. It does not seem strange to me now that I cried a little about the baby that we could not find.

What Do You Think About National Military Training?

The Big Reason for Universal Military Training Is Not the Threat of War, But American Manhood—The Only Way Practical Physical Perfection of All Citizens Can Be Accomplished, in the Opinion of Some of Our Leading Men

By Richard M. Winans

"EVEN should I feel absolutely certain we should never have another war," declared United States Senator James W. Wadsworth, Jr., Chairman of the Senate Committee on Military Affairs, "I should still be unqualifiedly and aggressively in favor of Compulsory Universal Military Training. And I should continue to work for the enactment of some measure which would provide young America with systematized, standardized and compulsory physical training during certain prescribed ages."

Thus, emphatically, the ranking member of the Committee on Military Affairs expressed himself in favor of the measures now before Congress, in regard to the establishment of universal military training in the United States.

"The effects of such training would unquestionably add to the health of the nation," continued Senator Wadsworth. "It would add enormously to the productive efficiency of America and furthermore, would make for level-headedness as a national characteristic."

When the writer asked the senior senator from New York to express his estimate of the value of universal training, it was made clear that PHYSICAL CULTURE was not interested in the proposition from the viewpoint of military preparedness, but solely in the light of the physical fitness that would follow the hygienic practices and systematized exercises incidental to such training.

In short, all those interviewed on this subject were asked to appraise the possibilities of universal training as a means of converting the nation's disconcertingly high percentage of weaklings, into a strong, healthy race of men.

"It will be recalled," said Senator Wadsworth, during the course of the

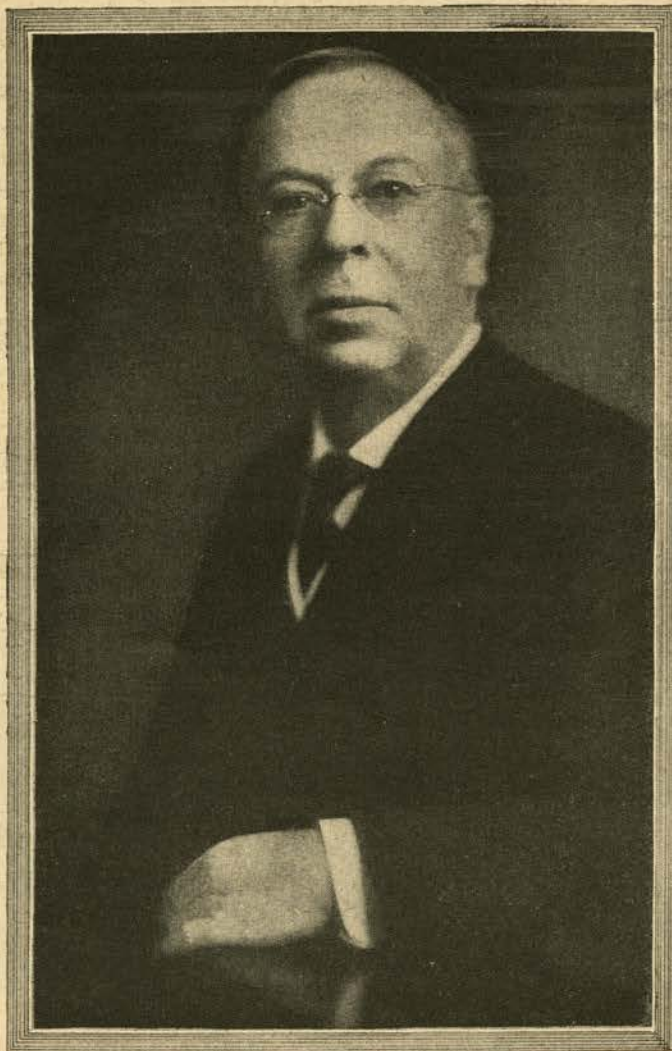
interview, "that we discovered some rather startling conditions, when we recruited our National Army under the selective draft system.

"I refer, of course, to the physical condition among the youth of the nation. Of all men summoned under the draft, *twenty-five per cent were rejected* as incapable of any kind of military service. This was the percentage rejected by the Draft Boards. The army surgeons later rejected *another fifteen per cent*, which made a total of *forty per cent* of absolute rejections for physical defects. Of the remaining sixty per cent, something like *fifteen per cent* later proved to have minor defects; and as a result, were assigned to limited service.

"It will thus be seen that of the men summoned under the draft, approximately fifty-five per cent suffered from physical defects, more or less severe. This is more than merely significant. It is alarming in its possibilities, when we consider these men came from a class that represented the flower of the nation's physical manhood, among whom we had a right to expect but a negligible per cent would fail to qualify for active service.

"Also, we consoled ourselves, it would be shown that the greater portion of such physical flaws would be found to have originated in causes beyond medical control.

"According to the medical authorities of the army, however, a very large number of these below par men, were suffering from physical disabilities, which, had they been discovered and treated in time, could easily have been remedied and in most cases entirely corrected. But as the country then was at war, and the War Department did not have time to establish physical rehabilitation work on a comprehensive scale, large



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Senator George E. Chamberlain may be regarded as the father of the universal military training idea. He has long been champion of the idea of physical fitness as well as of preparedness.

numbers of these men having only minor defects were sent back to civil life.

"Were we to have a system of universal military training, and under such a system summon men of nineteen or twenty, we would find a very large number suffering from minor defects. But we would be able to send them to the camps, and, in three or four months, eliminate those defects.

"The Senate Committee of Military Affairs in the course of its hearings, listened to some very important and interesting testimony from Professor Meylan, the Physical instructor of Columbia University. Professor Meylan also had charge of athletics in the French army for a considerable period during the war. A few days before he testified, he had completed the physical examination of the Freshman class at Columbia. He stated that sixty per cent of these young



can go through life happily, and be efficient at any kind of work, or be healthy and vigorous mentally, unless he knows how to handle his body; and that every man is entitled to normal physical development. Although the Professor said that he knew little or nothing about the military side of our problem, he was convinced, from what he had seen in France and here at home among our own soldiers, that the



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Surgeon-General Rupert Blue, head of the Public Health Service. He holds that military training should be supplemented by compulsory physical training for both boys and girls.

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Surgeon-General Merritte W. Ireland, head of the Medical Department of the U. S. Army. He is chiefly interested in the health-building value of national military training.

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Senator J. W. Wadsworth declares that universal physical training would add enormously to the productive efficiency of America as well as to its stamina and health.



military training which they received in camps and cantonments, accompanied as it is by proper calisthenic exercises, assures a tremendous increase in the health of the nation."

"As a writer and student along lines of physical education," the Senator here interposed, "you undoubtedly have a practised eye in recognizing the men who can handle themselves on their feet. I might suggest that you stand some day upon the corner of a crowded thoroughfare and watch pedestrians make their way across the street through the heavy city traffic.

"I venture to say you will be able to distinguish those who have enjoyed proper physical development (and I do not mean by that, advanced athletics) from those who never have been taught how to handle themselves physically.

"Every man endowed with a normally strong body, conscious of his ability to dodge a motor car, hop over a

men suffered from one kind of physical defect or another; and that a large majority were suffering from minor defects which could easily be straightened out by proper medical attention and health care.

"The defects which were present in greatest numbers, were those found in teeth, bad condition of the nasal passages and tonsils, and the under-development, or even total lack of development, of certain important muscles of the body.

"In the physical tests it was found that some of these young men could not 'chin' themselves on the bar even once. Others could not jump eighteen inches from the floor. A few could not run at all.

"Professor Meylan emphasized the fact that no man

small obstacle, or hurry to catch a train, goes through life much happier than the man who cannot make his muscles obey his brain.

"One has only to observe the remarkable change which military training brought about among the young men who went into the army. They scarcely would be recognized for the same lot of men. They have acquired a quiet confidence. They know their own strength. They know they can stand hard work. And their finely developed physique, and increased virility, makes them able to stand up and look the world in the eye, unhesitant and unafraid."

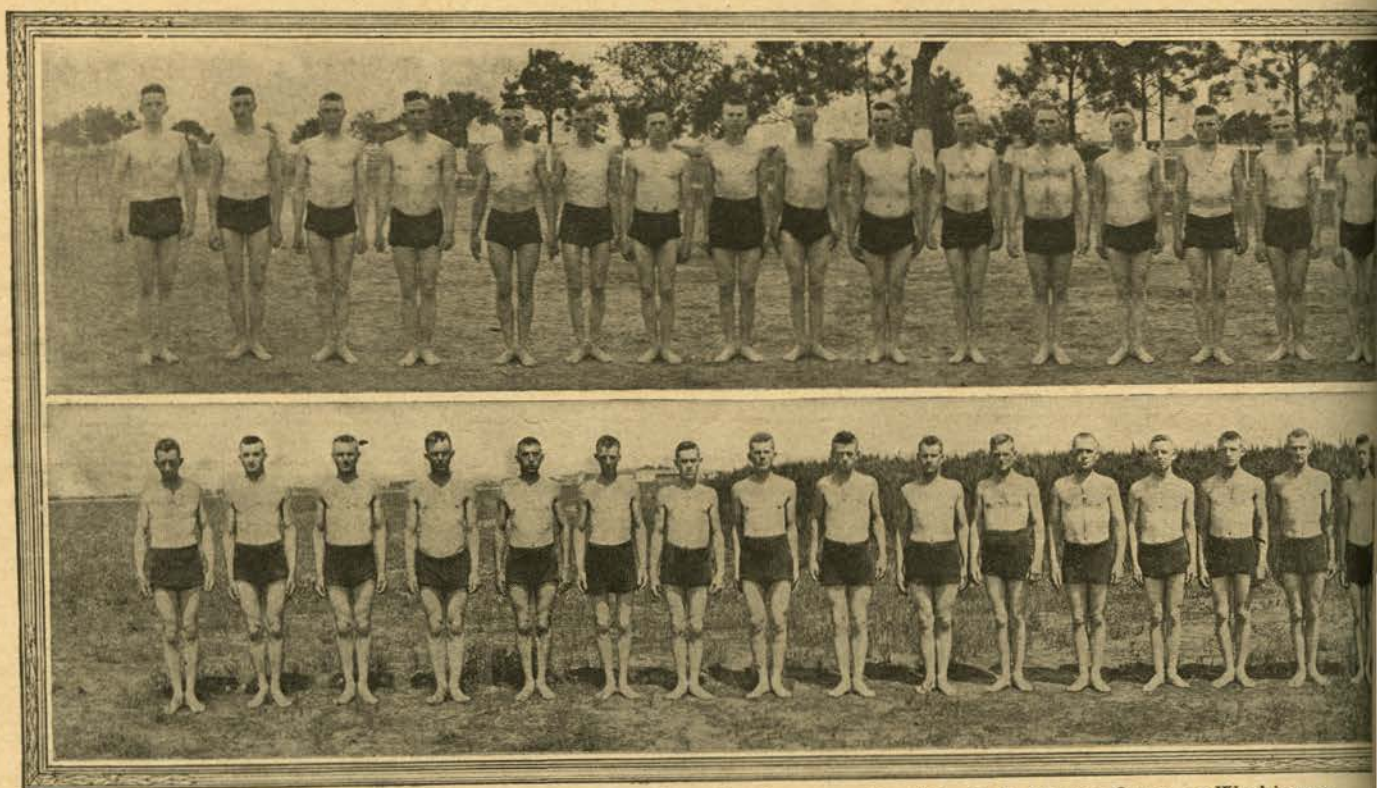
General Leonard Wood more than confirmed Senator Wadsworth's opinions and also gave it as his belief, that universal training would prove one of our greatest assets in breaking down class and sectional lines. He said in part:

"The material value of physical benefits resulting from

"When the draft examinations show that practically 50 per cent of the young men of America between the draft ages of 21 and 31 are found physically unqualified for hard, first-line service—service requiring physically sound men—it is bad enough from a soldier's standpoint, but infinitely worse from the industrial and economical.

"We ought therefore to give America's young men enough initial training to teach them how to take care of themselves; to make them capable of rapidly acquiring more intensive training should the emergency arise and yet not give them enough of such training as to prejudice the permanent peaceful ideals of the country.

"The bringing together of young men from all parts of the country—from city and farm, from bank and factory—will promote democratic acquaintance, and break down class and sectional lines. The young men of the country will learn that their highest efficiency is



Physical training would do for the nation what it has done for these recruits of the U. S. Marine Corps, at Washington. Comparison photograph taken at the end of the first and fifth weeks of training.

universal training is so great as to be almost beyond computation. The medical examinations, the scientific, hygienic, and other care, and the physical exercise during the course of training result in the disclosure of defects; for the correction or removal of which, remedial measures may be initiated.

"One of the desired benefits incidental to government supervision of this system of training, will be the effect on vice diseases, which will be corrected so far as possible.

"Universal military training will make for the inculcation of sound ideas as to personal sanitation, personal morality, correct carriage, quick response, coordination of mind and muscle. Such education and training will insure a better and more efficient human working machine. It will produce a higher type of citizen and a more useful man in industry—and certainly, a promptly available man in case of a national military crisis.

attained when they have learned most effectively cooperate. Our ordinary processes of education teach to be individually strong. Army association teaches to realize the strength, the massed strength of perfect cooperation.

"These and other considerations which readily occur as the result of our recent experience, I think justify us in feeling that a moderate amount of military training is entirely consistent with American ideals and to the best interests of the physical fitness of the nation."

The writer next called upon Newton Diehl Baker, Secretary of War, for an expression with regard to the provision made for physical education and health promotion in the draft of the training bill prepared by the General Staff for the reorganization of the Army.

"The bill as drawn," replied Secretary Baker, "provided for a system of universal training for a very brief period, applicable to all male citizens of the United States in their twentieth year, with suitable provision

for exemptions and deferments. It does not, however, provide for any reserve obligation, since that is unnecessary with a system of universal service.

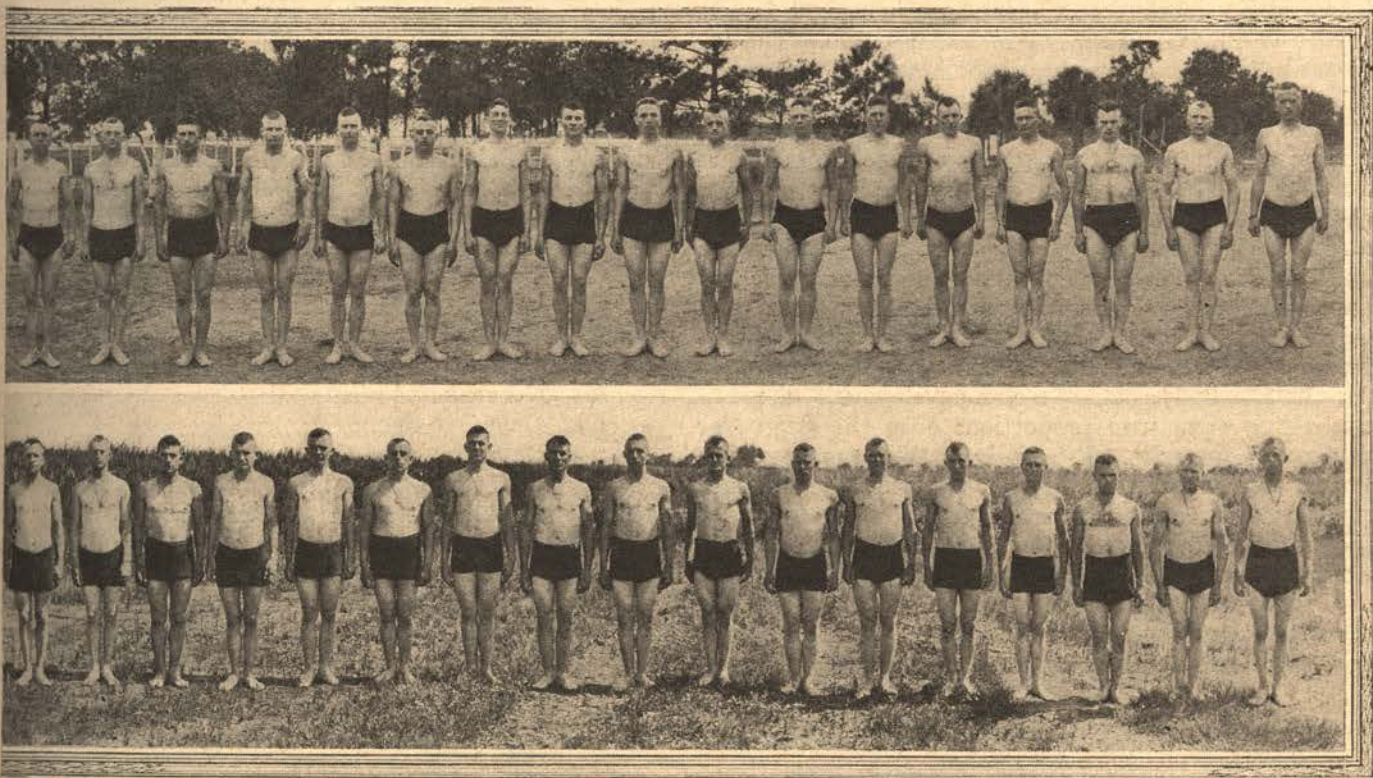
"The period suggested for training is brief, but not too brief, it is believed, to secure a careful stock-taking and physical condition of the young manhood of the nation, and to permit the institution of such remedial measures as may be practicable. Nor is it too brief to initiate the habits of orderliness, coordination and self-care which proved so valuable in the recent training of men preparing for active military service. Nor is this period believed to be too brief to entail great advantage in the country, should any future emergency require they be called for service.

"We have learned," added the Secretary in amplifying his statement, "that any boy may be called upon to defend his country as a soldier. This is the greatest undertaking his country ever could ask of him, the one

the health benefits which, in his opinion, would accrue to the nation as a result of applying universal military training in the United States.

"During the activities incident to our participation in the war," said Surgeon-General Ireland, "there was almost without exception a marked improvement evident in the soldier as a result of outdoor life, good food, regular hours and strenuous physical training under the sanitary surroundings found in our military camps. Alertness, activity, strength, endurance and discipline, combined with a body free from disease are the first requirements of a soldier. These qualities are obtained largely by a scientific system of gradual and progressive physical training which is regulated to the condition of those who are to undergo it.

"As applied to the recruit, this physical training has a special technical value in that it does much to perfect him in the endurance and the coordinated effort by



The improvement in these men consists not so much in a gain of weight as in the improvement in circulation, the transformation of flabby flesh into firm, muscular tissue, and particularly the improvement in character and spirit, as seen in the expression of the face and the carriage of the body.

most filled with peril and difficulty to him, and of greatest consequence to his country."

The American Army is fortunate in having at the head of its Medical Department Surgeon-General Merritte W. Ireland, a man who places an unusually high estimate upon the value of Nature's methods of restoring health and for the development of physical fitness.

After a close up contemplation of his six foot plus of symmetrical physique, well-rounded muscles, clean cut features, steady nerves, perfect poise, his remarkable vitality and constitution, attained and seasoned by much living out of doors in active field service, Surgeon-General Ireland appeals to us as an ideal, one hundred per cent personification of concrete health.

Confident that Dr. Ireland would give us a worthwhile statement covering the subject, we asked him to express his views as to the physical improvement and

which the soldier is enabled to bear the hardships and overcome the difficulties of warfare.

"The beneficial results of physical exercises during the training period are supplemented by the outdoor life, the regular hours required and the plain and ample, but simple food. The improvement in physical development resulting from a year or more in the military service is very noticeable to those who have seen groups of men being examined for entrance into the service, and similar groups being examined for discharge from the service after their period of military training.

"In the first case, the groups consisted for the most part of individuals who were awkward, narrow-chested, flabbily muscled and often with a stoop. Combatant divisions which were being examined prior to discharge from service presented almost exclusively, bronzed, erect, broad-chested soldiers with fine muscular development and characteristically alert and self-con-

fidant air. Exact statistics on this matter will some day be available; the records of the examinations at time of entrance into the service and at time of demobilization being filed together where they are available for study. At present only general and limited impressions can be given.

"It is estimated that the average gain in weight the first year of military service is from fifteen to twenty pounds. The records of one company of National Guard troops under the semi-tropical conditions existing on the Mexican border in 1916, showed an average gain of twelve and one half pounds in nine months. Studies on this subject have also been made by the Division of Food and Nutrition in the office of the Surgeon-General. These studies showed in one infantry company an average gain of ten pounds per man after four months of service, and in three artillery batteries an average gain of six four-tenths pounds in six months. Another study showed two six-tenths pounds gain in five weeks. There is no doubt that the increase in weight in the soldier is almost entirely in muscular tissue. The increase in girth and chest expansion is very obvious after a few months training.

"The bodily development of an individual depends in a large measure upon the activity of function which he exercises. Without proper activity no body cell can acquire a normal development,—for example, the loss of an eye in early life stops development of the optic nerve and tracts; the early loss of an arm or leg will result in an imperfect development of certain brain cells; and the same holds true with any body structure, bone, muscle, etc. Likewise, disuse of a limb, organ or other part of the body, causes a non-development of nerve controlling structures proportionate to the degree of non-use of the part. Especially is this true in earlier years, when bodily development is at its maximum, say from fourteen to twenty. Thus do we see that properly directed physical training is an essential to a well rounded physical development.

"Statistics of the Provost Marshal General's Office show that twenty-nine per cent of all drafted men examined were rejected as physically unfit for general



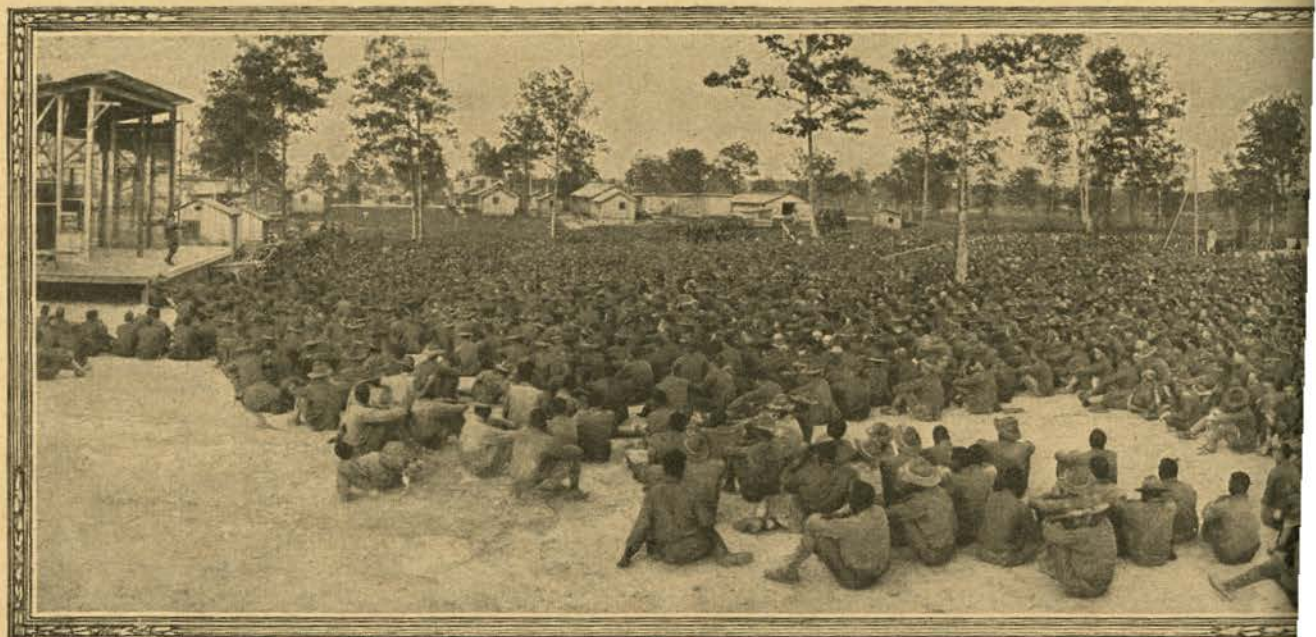
The four puniest men in the 38th Company I, U.S. Marine Corps, Washington, at the completion of the first week of training, April 27, 1918.

military service. In other words, one million one hundred and ninety-eight thousand four hundred and fifty men suffered from sufficient of a disability to prevent them from participating in their country's first line of defense.

"The principal disabilities found were as follows:

- (a), Defects or diseases of bones and joints;
- (b), Respiratory diseases;
- (c), Visual defects;
- (d), Hernia;
- (e), Nervous and mental disorders;
- (f), Defective teeth;
- (g), Developmental defects, etc.

"It is believed that a large number of the above defects might have been prevented, had universal military training been in effect in this country prior to the present war. As proof of this statement let me say that such eminent authorities as Doctors Bradford and Lovett of Boston, state that from twenty to thirty per cent of school children have such a degree of curvature



One of the great benefits of national military training, it is held, will be the educational advantages in various directions enjoyed by all the young men of the country.



The same four men at the end of the sixth week of training June 1, 1918. The broadening of the shoulders and general hardening is clearly apparent.

the spine as to need medical attention. This is a defect which military training could correct in the vast majority of cases, and is a condition which if not overcome early in life interferes with the proper action of the heart and lungs, and renders one very susceptible to diseases of the chest.

"Many cases of myopia, or short sightedness which is prevalent, are a result of a stooping posture. Flat feet, hip and knee strains are at times the result of a faulty carriage especially in walking. Military drill does much to correct all these evils, if begun at a relatively early age.

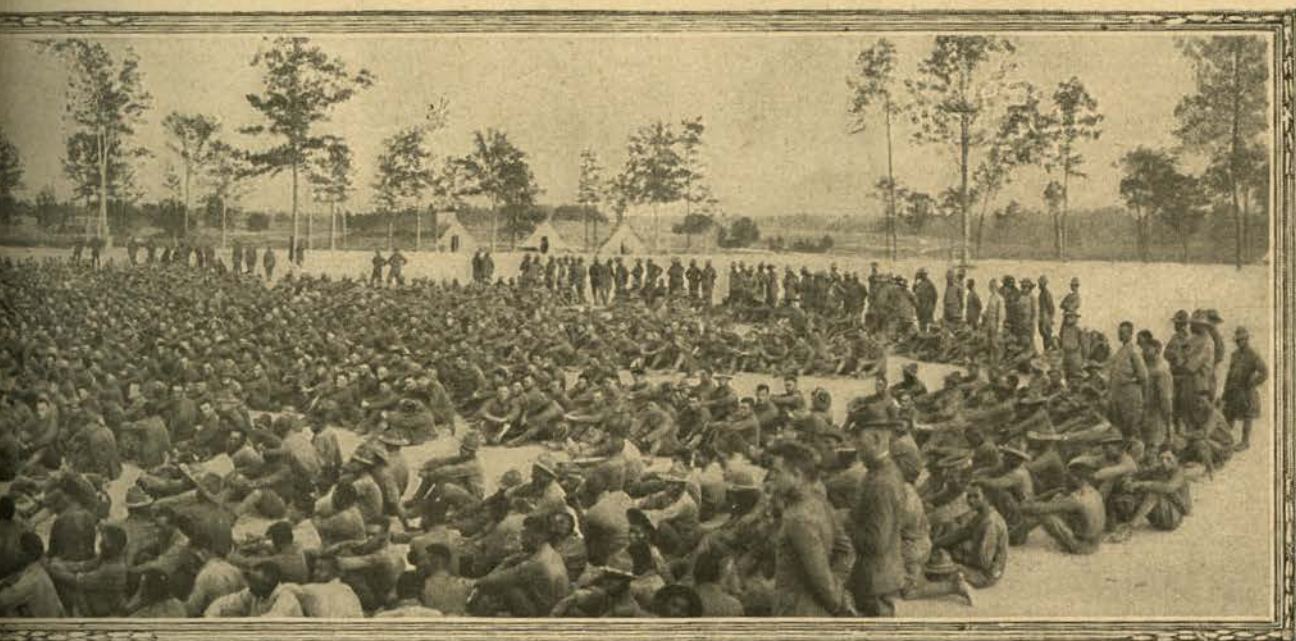
"Four per cent of people have hernia, or rupture. This is due to a defect existing at birth. Nearly everyone is born with this hernia defect, but it disappears in the boy who receives proper physical training, and those that persist are easily remedied by surgical means during the period of youth. The prompt treatment of

diseased tonsils, adenoids and decayed teeth, which would follow if the youth were accepted for military service, would also do much to prevent the occurrence in later life of rheumatism, digestive diseases, Bright's disease, etc. These facts are mentioned in order to bring out some of the advantages of universal military training to the average youth of this country. In the regular army only the physically fit are accepted and as a rule only that class of men volunteer; while a system of universal training would give the weak as well as the strong an opportunity to develop both mentally and physically.

"All statistics demonstrate that young recruits show a decided gain in weight, height and chest measurements, after three to six months training. However, the object sought for is not the acquisition of mere brute strength, but of alertness, agility, endurance and coordination. Military training also does much to instill in the youth obedience and self-restraint, which improves him mentally as well as physically. Training in rifle shooting also does much to produce coordination in nerve centres and muscle masses. Finally military training teaches the recruit the right principles of personal hygiene and how to take care of his body in the proper manner, and instills in him right habits of bodily activity and living, which become almost automatic, or involuntary, and which are of incalculable value to him for the rest of his life."

Having a rather intimate acquaintance with the personal views of Surgeon-General Rupert Blue of the United States Public Health Service, the writer was prepared in advance of an interview to hear an adverse declaration concerning compulsory universal military training. However, although the Surgeon-General did express his approval of the proposition, it was with "reservations," and classed as secondary in importance to another phase of physical education which Dr. Blue preferred to indorse as of greater general value to the nation.

"Yes, I am in favor of compulsory military training," replied Dr. Blue to my inquiry as to his attitude on the subject. "However," he continued, "I desire to qualify my indorsement by saying (Continued on page 84)



Probably national military training offers the only manner in which competent instruction of all young men in matters pertaining to sex hygiene can be unfailingly accomplished.

"I Can Do More Work and Do It Better"

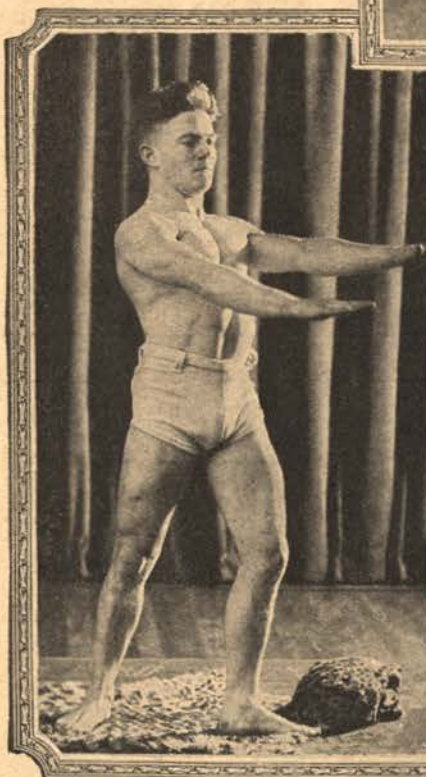
Here's a Keep-Fit Story by an Office Man Who Learned to Systematize and Enjoy His Day and to "Look Like a Million Dollars"

By C. C. Conner

As wise as we think we are, it seems the majority of us must learn what health rules are by breaking them. That is how I learned. Although brought up in the country, I was always considered a weakling and "favored" in many ways by my parents. I was



pipeful after pipeful of strong tobacco. My greatest exertion consisted in walking three or four blocks to the office and signing my mail. Colds, constipation and an occasional sleepless night I took as a matter of course, though I often wondered why I was nervous and



The first thing on awaking I stretch for all I am worth, until I feel ten feet tall.

Then I take another stretch, arms out in front as far as I can reach, then a little farther.

Here is another good, old-fashioned chest - expanding, arm - flexing stretch.

why some petty things peeved me so easily.

Then one day I suffered a very light attack of measles, the three day variety, but it was just three weeks before I could return to my desk. That taught me a lesson. I wondered what would happen to me if some really serious disease happened to come along. It didn't take a very strenuous mental effort to realize that I had been consistently breaking about every health rule on the list, nor a much greater mental effort to see that unless I conformed to a few of these rules, I might as well buy a lot on the hillside and be measured for my suit of wooden clothes. I saw that either I had to under-



take some improvements or some one would undertake me. The important fact is that I decided to learn what some of the rules of health were and to follow them.

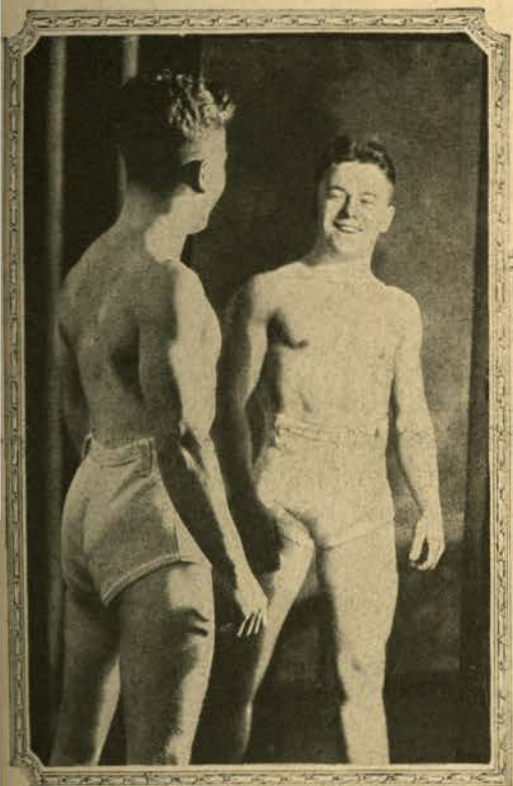
I will not retail my experiences in looking for and finding the desired

In front of the window I take a few long, bursting breaths of fresh, cold air.

never asked to walk if it were possible for me to ride. I never went swimming unless I ran away to do so. I had a natural fondness for reading and was encouraged in it even when I should have been moving around out of doors. My parents intended me for the ministry or some other vocation where I could sit at ease most of the time and use my brains. They meant well.

I worried along through school, college and three years of close office work as a correspondent. I worked hard. My lunch always contained two large cups of coffee with a kick like a North Carolina mule. Usually, I stayed an hour or so overtime at the office, then ate a heavy dinner with more strong coffee. I frequently took some work home, so that evening found me close to the gas grate reading or doing some office work, burning





Some snappy "vitolyzing" in front of the mirror, pulling the chin inward and backward, straightening the upper spine.

information. There are, as I discovered, a few fundamental rules of fitness and a thousand different ways these rules can be worked out. I read several volumes of methods, then picked out those I thought best suited to my needs and began to use them. I found that like religion, fitness calls for both faith and works.

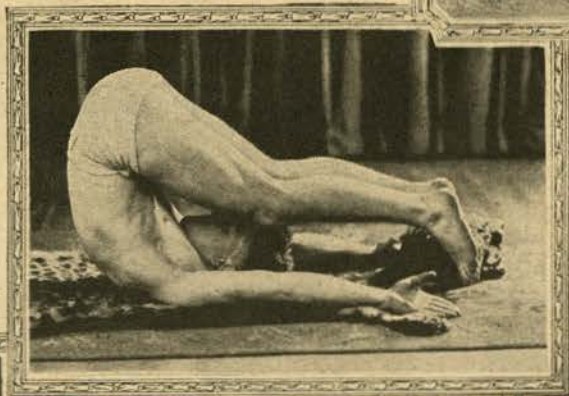
In the beginning, I decided that my two



Lying on my back, I kick the floor just beyond the top of my head. How many times is not so important as how much "snap."



Then follows five minutes of bending exercises, forward, backward and sideways.



Then with feet on a chair and hands on the floor, I dip a dozen times.

Wrestling with one's hairbrush provides the opportunity for some splendid resistance exercise for arms and shoulders.

indulgences were not very indulgent with me, so tobacco and coffee were considered first. No, I didn't quit! I simply eased up a little. My pipe is still my companion, but it doesn't work so hard, nor are the cigars and tobacco so strong. Strange as it may seem, I enjoy a smoke now more than then and I don't feel the "frazzled nerves" experienced by some when cutting down their tobacco allowance. I still drink and enjoy coffee, but not so many cups per day. Most frequently it is not really coffee, but "coffee de cow" the formula for which is one third cup

of coffee and two thirds cup of warm milk. It gives the desired flavor and some of the "kick" but not too much. I will dispose of both habits some time if I think it is necessary.

Problem number two had to do with eating. By the way, did you ever observe how the average person eats? Try it some time. Observe how you do it yourself. You'll be surprised. I found that my teeth were used

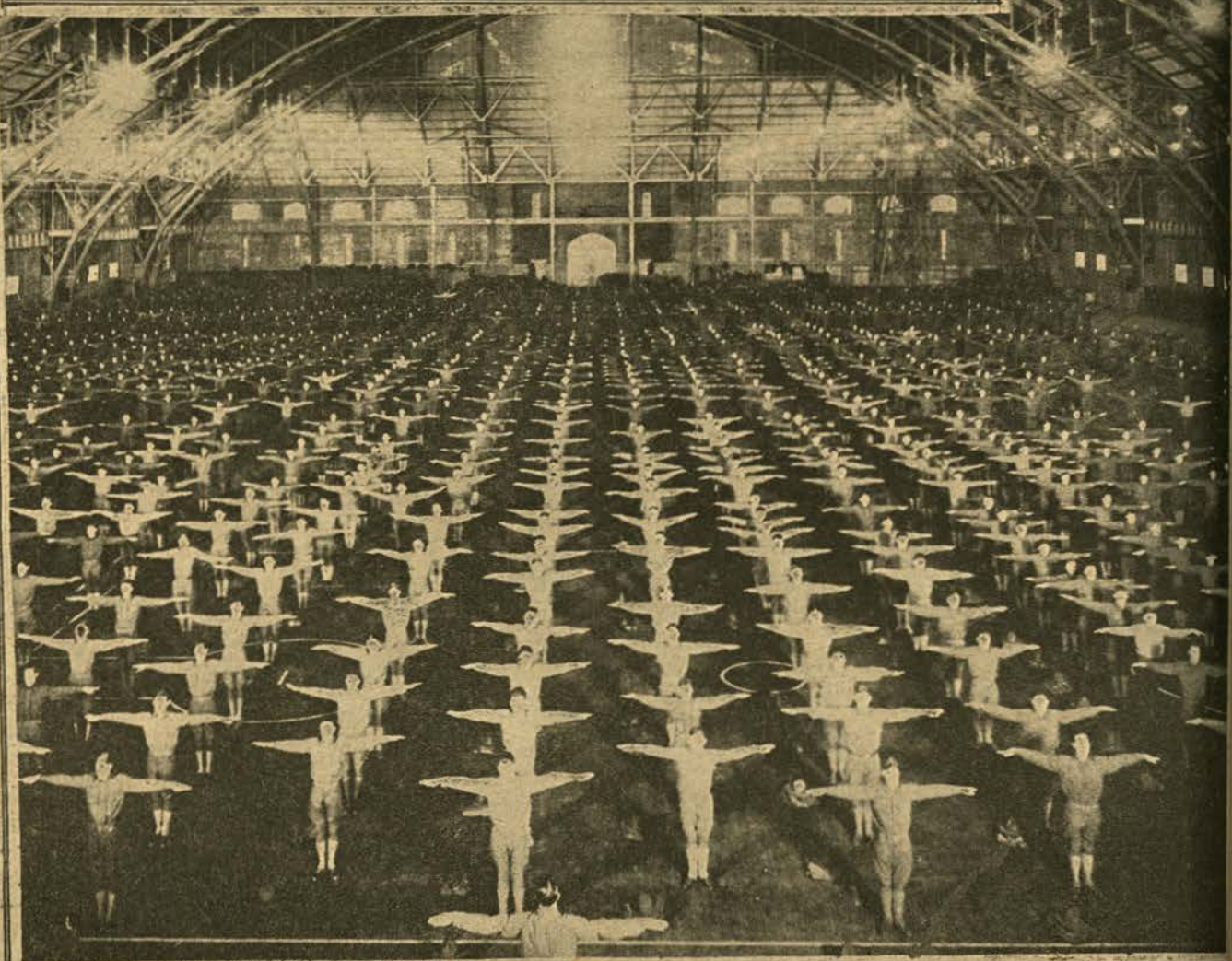
(Continued on page 72)

PHYSICAL CULTURE PICTORIAL

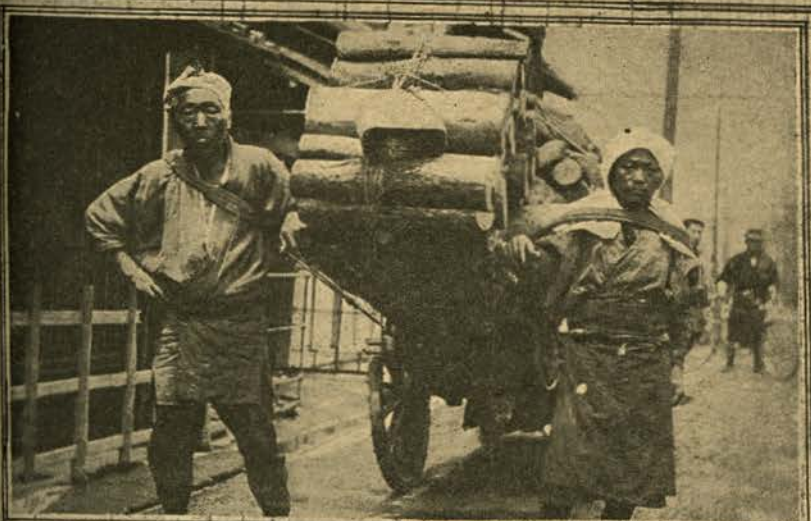


*New York School
experiment in
"penny lunches"
system providing
poor pupils with
hot meals at
three cents per
meal. Any deficit is
paid by the city.*

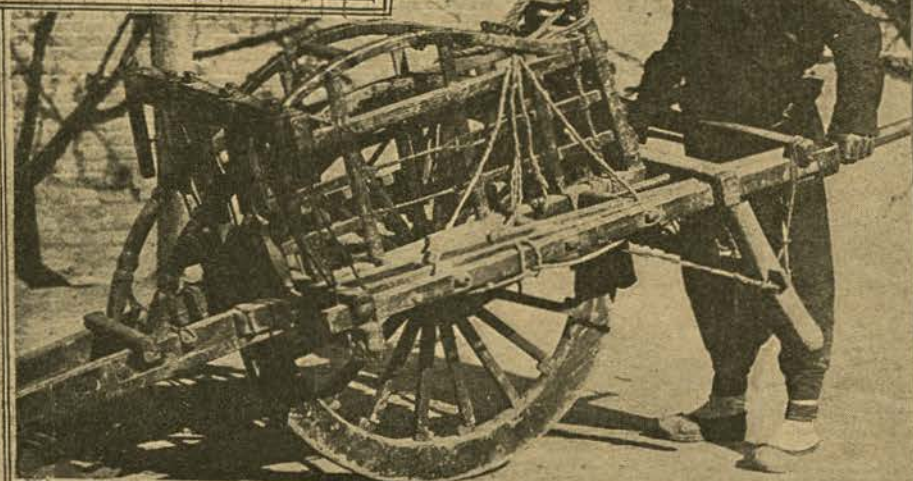
*Copyright International Film
Service, N.Y.C.*



*Will this become a national institution? These 1100 Cornell students, in the largest drill
hall in the United States, show what the young manhood of the entire nation should enjoy.*



This is how they cultivate strength in India. How would you, girls, like to marry a Hindoo? It would pretty nearly make a man of you, if you survived.

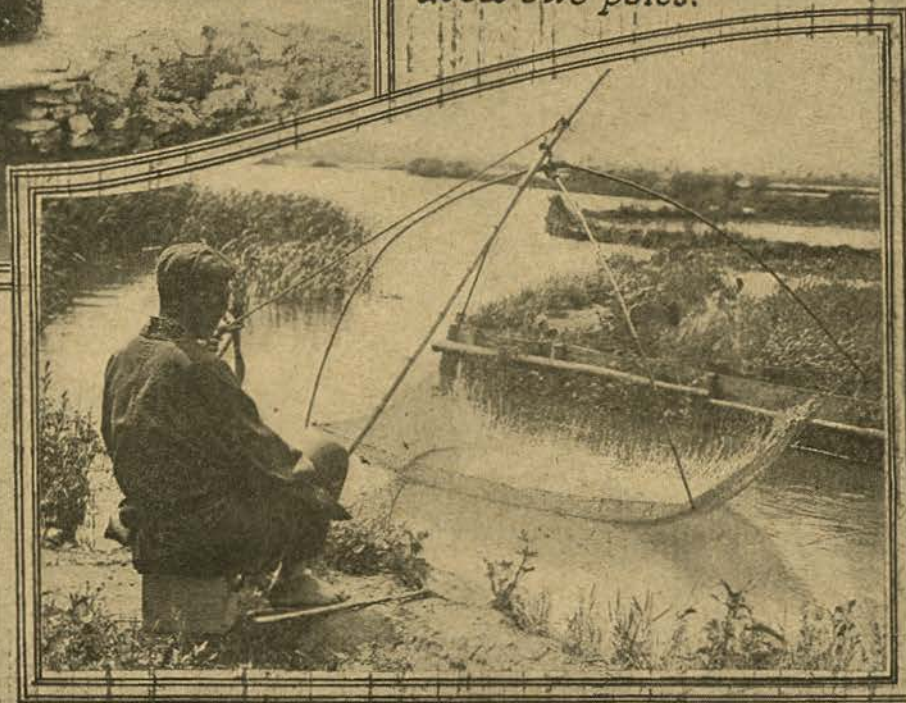


This crude, heavy, Chinese wheel-barrow will not hold much, but it is made just as Lee Ling Loony's great, great grand-father made them, and so must be correct. A good way to get strong above the ears.



Freight service in China is just the same as it was eight hundred years ago, when the Chinese wall, shown in the back ground, was built. He could carry more if he used two poles.

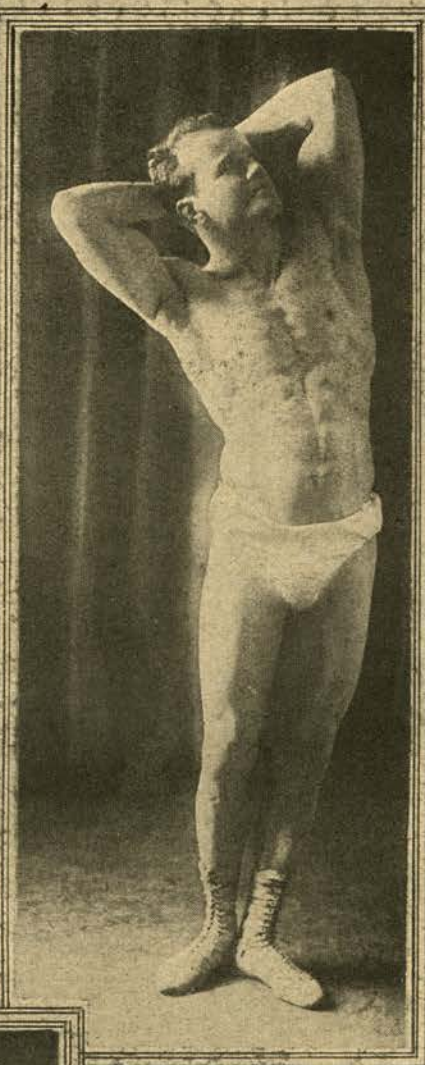
This Japanese fishing stunt looks much easier, and would make a splendid cure for nerves. We would prefer a hook and line.



Photos Copyright Keystone View Company New York City

PHYSIQUE PICTORIAL

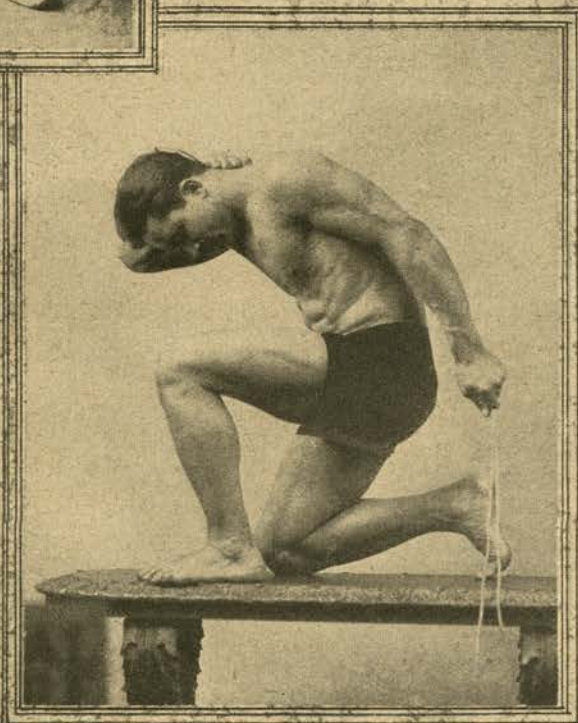
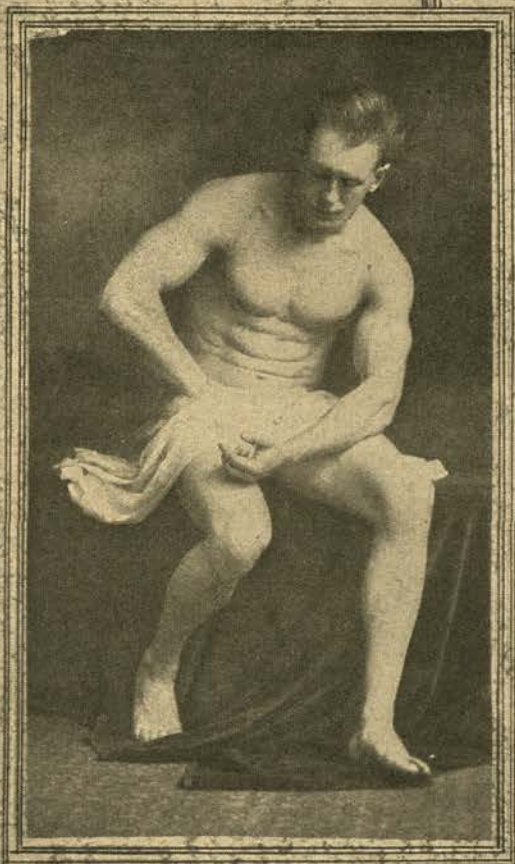
Max Weily, of New York City. He declares that his recent practise of fancy and classic dancing has greatly improved his ability as a wrestler.



\$100. PRIZE PHOTO CONTEST

A prize of one hundred dollars is offered for the best photograph, from the standpoint of physical excellence, posing and artistic photography, published in this department from May to October inclusive, the first of August being the closing date. For the best photograph published each month a prize of \$5.00 is awarded, Mr. Max Weily being the winner this month. \$2.00 is paid for each other photo published. The closing date for each issue is two months in advance.

Con Barth, of Pittsburgh, Pa. With his unusual development he looks like the type the Greek sculptors used for models.



The perfect symmetry of Tommy Faber, New York City. We would call it a study in curves.

Helen Heckman, Muskogee, Okla. in a characteristic dance. She is an extraordinary example of grace and highly developed coordination.



Peggy Fortune of St. Louis, Mo., the champion woman sprint swimmer in her state.



Leila Maple, San Francisco, Calif. She owes her symmetry and grace to the combined influence of physical culture and dancing.

Save the Child

New plate

By Bernarr Macfadden

THERE are times when mere words fail—and you can only utter inarticulate sounds. Like some stricken animal you moan out your anguish. Your very soul seems crushed.

A child that you love lies on the sick-bed—tossing from side to side; or lying torpid in the stupor of semi-consciousness.

Death seems near.

And you love that child with a mad, protective fervor. It is your own flesh and blood. You have watched it grow from a tiny, helpless infant. Day after day you have sheltered and loved it. It has twined itself into your heart and life. It seems part

In case of sudden illness first cleanse the stomach. This is the most practical, quick and effective method of accomplishing this object. Lay the child over your knee or place one hand under the stomach to assist in the process of regurgitation. Insert one finger in the throat until vomiting is produced, continuing until the stomach entirely rids itself of its contents.

But to me, the mortality among children is simply appalling; and according to my viewpoint, mostly due to carelessness or incompetence; incompetence often carried to such degree, that it can often be termed nothing less than murder.

Hundreds of thousands of little lives are needlessly snuffed out in this manner, every year.

And no complicated scientific training is needed to save them. Only the simplest sort of knowledge is required. Some people would call it "horse sense."

Over-feeding is the great predominant cause. A very small percentage may perhaps be due to improper feeding, or to under-nourishment, or to impure air or water or lack of exercise.

Your child develops convulsions, has a fever, a cold, or any one of the initiatory symptoms associated with diphtheria, scarlet fever, whooping cough, etc. You rush for the doctor. But every minute is precious. A few seconds' delay may mean death.

Your first act should be to induce vomiting. Hold the child face downward. Put your finger down its throat and thus force the stomach to empty itself.

Next, raise the windows as high as you can; pure, fresh air contains the oxygen necessary to life. A child may die for the want of the energy secured from oxygen.

Keep the child warm. Use hot water bottles, clothing, or whatever may be necessary.



The application of a hot, wet abdominal pack which, as shown in the illustration, covers the chest as well as the abdomen, being wrapped entirely round the body.

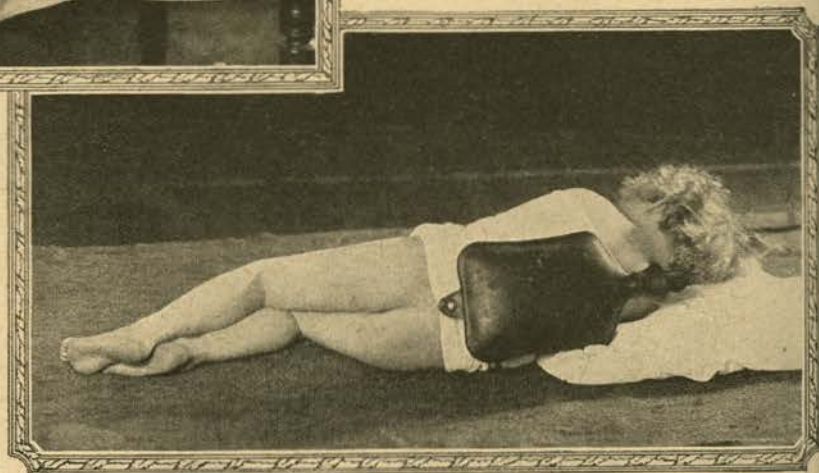
of you. It depends on you.

And now it is going away.

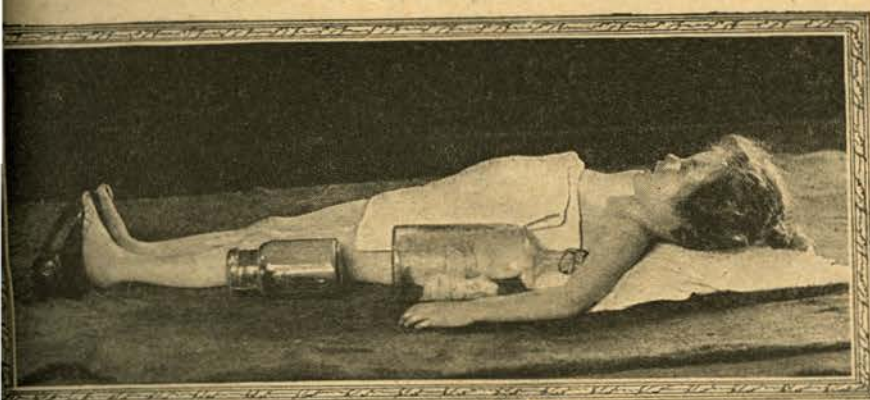
The very thought is maddening. Is there any experience that will sear the soul with greater anguish than this?

For more than thirty years, the problems of saving child life, have been keenly interesting to me.

We are all human! None of us are infallible! We all make mistakes. Perhaps I am laboring under a delusion now.



A hot water bottle applied in this manner will increase or prolong the efficiency of either a hot abdominal or spinal pack. If a small amount of hot water is put into a hot water bag, the child can lie on it advantageously.



In an emergency, one may use various kinds of bottles as hot water containers for maintaining the heat of the body. When using glass bottles wrap them in towels or other cloth covering.

The hot abdominal pack is next advised. Hold an ordinary bath towel by its two ends. Immerse as much of the towel as possible in boiling water. Wring it dry, and fold it over, until the hot, moist towel can be placed next to the skin—all the way around the child's little body—from hips to arm-pits.

Don't burn the child, but apply the towel as hot as can be borne. In case of fever, a cold towel may be used in some cases. But a hot pack as described will usually induce such profuse perspiration that the bodily temperature will be quickly reduced.

A small enema with a rectal syringe should be given immediately before or after the hot pack. This will be found valuable in assisting to cleanse the lower bowel.

And then let the child rest. Too much treatment can cause death.

When the doctor comes, your efforts in meeting the emergencies usually will be commended and if the doctor understands that you prefer to avoid medicines in treating your child, your wishes will usually be respected.

You cannot afford to risk the effects of medicine on the delicately adjusted nervous organism of a child.

If the means suggested have not entirely eradicated the symptoms, use daily the hot abdominal pack for two or three hours in the morning and a hot spinal pack in the evening. You can depend upon the hot spinal pack for putting the child to sleep.

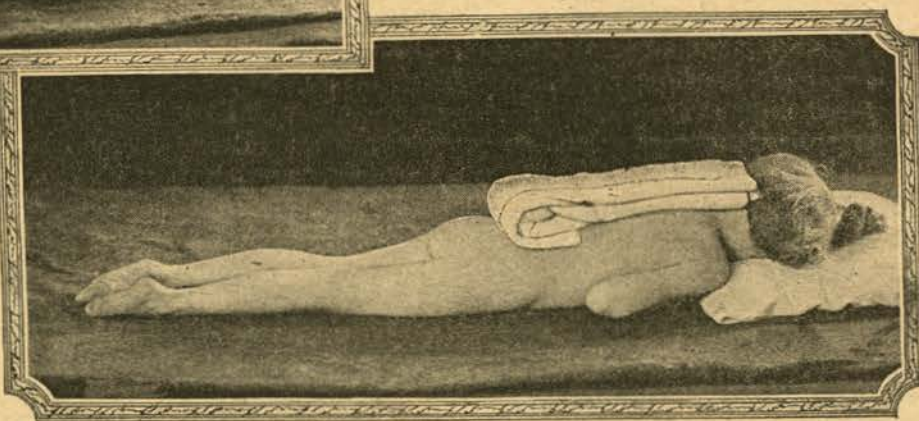
The effects of the hot packs can be increased and prolonged when desired by applying a hot water bottle to the spine.

The efficacy of these remedies is marvelous.

Be sure to encourage the child to drink freely of hot water or

cold water. If it does not care for plain water, you can flavor it with salt, lemon juice, or other acid fruit juices or strained honey.

Give no nourishment until the child begins to recover. And then "play safe" by using cow's milk and fruit juice to the extent desired by the appetite. Do not use other foods until recovery is assured.



In the application of a spinal pack, the towel should be immersed in hot water and then wrung almost dry as in the case of an abdominal pack. This has an extraordinarily quieting effect upon the entire nervous system.

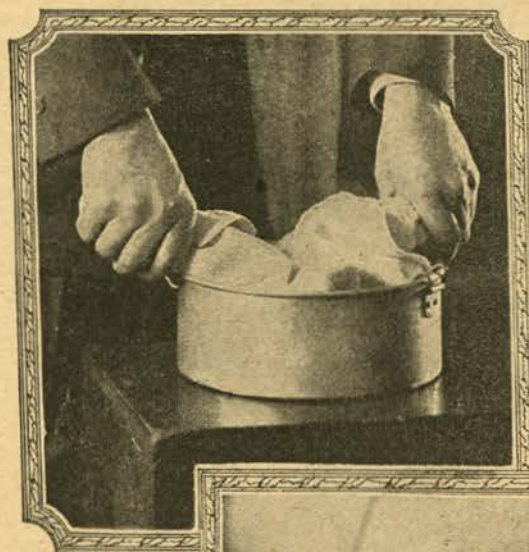
Do not fail to encourage the child to take water freely as suggested. Neglect in this regard may mean death.

And remember that when a child is ill the stomach cannot digest food. Even a few mouthfuls eaten at such a time may fill the system with poison that will be the direct cause of death.

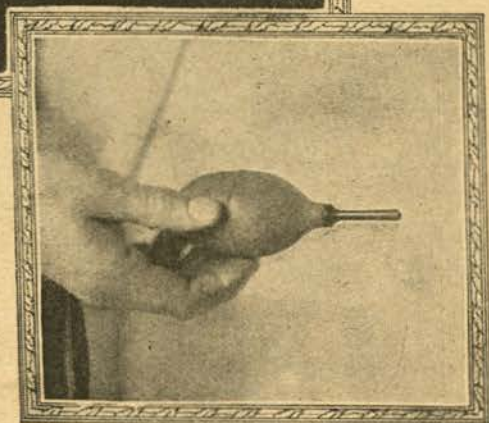
I have fasted infants of all ages from one to seven days with distinct benefit. When such a fast is needed and water is used freely, no harm can result. The lost weight is quickly regained when feeding is resumed at the behest of a keen appetite.

You have to drown young kittens to kill them. To kill children you must gradually reduce their vitality through any of the causes previously mentioned. And you can kill cats in the same way.

If your mentality is closed to such reasoning, your child must go to its fate. But do not blame the Omnipotent Power for the suffering and death that result from this inexcusable neglect. If you are rearing children without the knowledge presented herewith, you are guilty of criminal carelessness. And the time will come when crime of this sort will have proper penalties attached to them.



How to prepare a hot pack. Illustrating the method of holding the ends of a bath towel while it is immersed in a pan of boiling water. Wring dry by twisting the ends in opposite directions.



This baby rectal syringe is an invaluable household adjunct and aid in combatting acute ailments of children. It may be procured at any drug store.

Build Healthy Teeth from the Inside

By R. L. Alsaker, M. D.

MANY believe that the tooth problem is confined to the mouth, but those who study the problem with care soon learn that the condition of the teeth is largely based on the general health of the individual. Among specialists the tendency is strong to look on certain organs as being fairly independent, but those who delve deeper and study more broadly soon find that there are no independent organs or structures in the human body.

Good eyes, good ears, good kidneys and good teeth, are dependent on normal nervous systems, fine digestion, and pure blood for their development and maintenance.

The teeth are originally built by the blood, and the blood must remain healthy to keep the teeth in good condition. Every tooth root contains a nutrient canal, giving entrance to the blood that is needed for nourishment, and exit for the blood that carries away the waste. So long as the blood is rich and highly vitalized, containing all the elements needed for building purposes and for repairs, the teeth will draw health from within. So long as the blood remains pure the teeth will not be—can not be—attacked by decay or infection from within. Good blood builds normal teeth, and it maintains them in healthy condition; so that they are subject to deterioration only from wear and tear and from accidents.

On the contrary, poor blood builds inferior teeth, and allows them to degenerate while they should still remain in good condition. This general rule has its exceptions.

The blood is the foundation on which we build either health or disease. All physical building materials are carried by the blood to the parts that demand them; all waste is rejected through the action of the blood. The blood builds and maintains the teeth just as surely as it builds and maintains the biceps. The teeth are not finished, independent structures that are left to their own devices to survive or perish.

So the primary consideration is to have healthy, highly vitalized blood—blood that contains all the albumin, iron, calcium, silicon, phosphorus and other elements needed by the teeth and all other organs. Supply good blood and the teeth will practically take care of themselves, for they have the ability to select from the blood stream all the elements they need.

The condition of the blood is also partly dependent on the manner in which we use both body and mind.

To say that thinking influences the teeth may seem a wild statement, but it is the truth. Anger, or other mental abuse, will result in indigestion and inferior blood; inferior blood makes low-grade muscles, nerves, teeth and other structures. And physical activity is one of the controlling influences in blood making. Let us give each of the most important health factors special consideration.

The air supply must be right because oxygen is absolutely essential to blood purity. The oxygen enters the blood by way of the lungs; it goes to every part of the body and is a necessary element in burning up the albumins, fats and sugars in the body. Thus it helps to produce heat and energy, and aids in preparing the waste matters within the body so that they can be excreted. So essential is oxygen to health and life that if it is withheld for about five minutes death ensues. It is easy to obtain enough oxygen. Have a reasonable amount of ventilation at all times, and take a few deep breathing exercises every day. If you take enough of vigorous physical exercise you will not need to take special breathing exercises.

As two-thirds or more of the human body is water, it is easy to understand what an important role water plays in health. The blood is mostly water. But it is

not made up of coffee, tea, wine and whiskey. These liquids are more or less poisonous, and those who partake of them poison the blood stream, and thus help to build inferior nerves, muscles and teeth. The moral is to avoid poisonous liquids. Get your fluids from water, fruit, vegetables, milk, and other non-poisonous sources. Avoid brews, distillations, fermentations and all sedative and stimulating drug drinks that man has invented for his own destruction.

Feeding is such a great and important health problem that we can give only a few pointers. Even in olden times close observers

GROWING SOUND TEETH BETTER THAN PATCHING

LAST month we published an important article on "Your Dentist and Your Teeth," on the subject of doing the right thing for bad teeth. But while emergency treatment at the hands of the dentist is of overwhelming importance when there is trouble in this quarter, yet the preventive phase of the question is more fundamental. This we have covered in this pointed article by Dr. Alsaker, showing that the basis of healthy teeth is found in good blood and constitutional fitness. Good dentistry, tooth brushing and mouth hygiene are of little value in preserving the teeth if one does not eat food containing material out of which sound teeth can be built. The child living on a diet of white bread, coffee and like trash cannot possibly grow healthy molars. The alarming condition of the teeth of American and British school children is a reflection of the inadequate nature of the conventional diet of refined foodstuffs. If you wish your children to have perfect teeth, here's the "answer."—The Editor.

realized that nine-tenths of the subject of health is the feeding problem, and foods are the most important item in making the foundation of a normal, pure, vitalized blood supply.

What is right eating? It is partaking of simple foods that have been prepared so that they retain the elements nature gave them; also prepared so that these elements can be digested and assimilated into the blood. Right eating also includes

(Continued on page 58)

Wisconsin's Red-Blooded Governor

The Personal Story of How Emanuel Philipp Acquired His Iron Constitution

By Richard M. Winans

I HAVE as much right to the claim that I am a child of the forest as the Indian who lived in a wigwam," declares Governor Philipp of Wisconsin.

And when you have finished reading this story about the unusual early life and arduous pioneer experiences of Emanuel L. Philipp, now serving his second term as Governor, you will agree that few Indians either of this or a past generation—lived a more rugged outdoor life, endured more real physical hardships, or had more strenuous and varied physical exercise in youth or maturity, than the sturdy Governor of the "Badger" State, whose motto—like that of its present chief executive—is "Forward."

However, the Indian had this advantage, in that he really did not have to work unless he wanted to—and young Philipp did.

"We worked hard those days," the Governor told the writer, "because it was necessary to make a living. And because of this

necessity of work we lived the healthy outdoor life.

"Our sports were, in the main, not unlike those of the Indian. We learned to ride the 'dugout,' or what now is more popularly referred to as the canoe, and we became so skilled in handling it, that we could ride it as well as the Indians themselves.

"We learned to shoot, not only the gun, but also

with the bow and arrow; and many of us became quite expert at it. We learned the habits of the wild fowl, and of all the creatures that lived in the woods. As a result when we went out for game we knew where to find it, and also how to get it. We knew, too, where to cast our hook for the fish in the water.

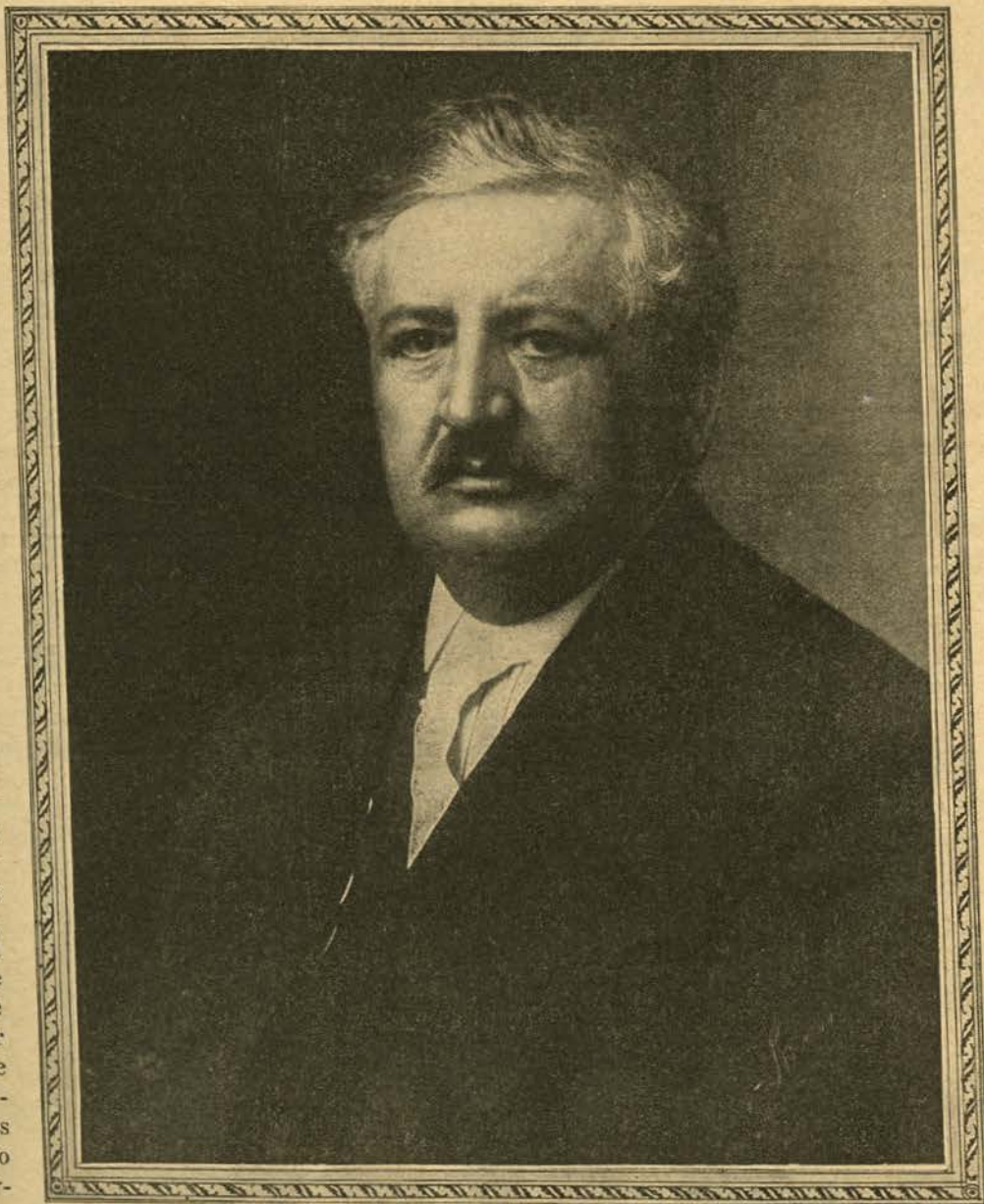
"We had, however, but very little scientific knowledge,

other than such as we could glean from the short squibs and small articles in the weekly newspaper, which was all that we had to read; except the occasional miscellaneous books we now and then had an opportunity to get hold of.

"In that day we had very few or no bad habits. We boys did not use tobacco, because tobacco in those days was a luxury beyond the reach of the pioneer settler's boy. Neither did we use liquor unless it might have been a very infrequent glass of wholesomely

brewed pure hop beer or of home-made fruit or berry wine, usually the latter.

"Although it may seem to be digressing for the moment," said the Governor, after a pause, "yet I believe that your readers will better appreciate what I shall later say of the sports which I enjoyed if I should first tell you of the conditions (Continued on page 70)



Hon. Emanuel L. Philipp, Governor of Wisconsin.

Old "Doc" Sunshine Will Cure You

By H. B. Galatian, M.D.

AS the brightness of the morning awakens all nature into the activities of the day, so the sun rising ever higher above the horizon as each day passes, drives away the gloom of winter and replaces it with the joy and warmth of summer. If all would obey the instinct which nature has implanted in plant and animal alike, and seek the light, greater indeed would be the share of health and life possessed by man, woman and child. As Schiller says:—

"Light is indeed a priceless gift of heaven.

It is the life of every living thing."

Take away the sunlight and all life would soon disappear from the earth. Plants kept in the dark will bend towards some filtering ray of light, striving to get that which is growth and life to them, and failing, soon wither and die. Man living indoors, becomes pale and anemic, fit subject for disease. Worry, ill-temper and morose mentality, are more prevalent on dark, cloudy days, but as soon as the sun's rays burst through the clouds, all become happy and good-natured again. The sick make more rapid improvement on light days than on cloudy ones, or when placed where they may lie or sit in the sunlight.

Light, air and water make up a trinity absolutely essential to the existence, growth and health of all living substance. As Pettenkofer has said:—"Water is great; air is greater; but the greatest of all is light."

In those regions where there is the greatest amount of sunlight and humidity, as in the tropics, life exists in its greatest profusion. In those regions where short days and long nights and winters prevail, life is absent or lowly developed.

As light is so necessary for the perpetuation of life, it is certainly necessary for the

IF YOU WANT RED BLOOD

OF course we know that no one health-building factor will give us good red blood if our habits and conditions of life are otherwise unfavorable. We must have good food as well as sufficient sleep and at least a minimum of exercise, whatever that may be in individual cases. But one of the most important things for the members of the pale-faced variety of humans to learn, is the value of sunshine, which is so cheap and so common, that we usually do not appreciate it. We know the warmth and comfort found in sunshine. We know its chemical power, particularly in photography. We know how it makes our gardens grow. And yet we do not consider its effect upon our own bodies. During the war it was found that sunshine was invaluable in promoting the rapid healing of wounds. And it is equally valuable as a health-builder otherwise. The hemoglobin or red blood corpuscles are increased under the influence of sunshine. If you are anemic, therefore, or otherwise out of tune, read this article and profit by it.—THE EDITOR.

preservation of health and the prevention of disease; yet few recognize its importance in therapeutics as the greatest medicine known.

Sunlight is medicine; a good medicine and a cheap medicine. A medicine that may be used in all forms of acute and chronic disease. Were it possible to bottle sunlight, give it a mysterious name on a fancy label, and list all the diseases it would cure, people would fall over one another trying to buy it. But since it is free to all its value is unrecognized, and often avoided by those who need it most.

It is a fact that many people are actually afraid of sunlight. Instead of throwing wide the curtains and blinds, they are closely drawn for fear the carpets will fade; for fear of spoiling the complexion wide-brimmed hats are worn and parasols are carried; or the shady side of the street is sought—and some in their eagerness to avoid the great life-giver will not stir out of the house until evening.

One great reason why there is less illness during the summer, is because there is more sunlight and many people are forced to take it as a medicine whether or no. There is no better treatment, and it is cheap too, considering the benefit derived, than going to the ballgame and sitting in the bleachers. When your office-boy asks for an afternoon off this summer, don't inquire too closely for the reason—he may wish to take a

treatment. If he looks sickly and you happen to have an extra pass to the game—hand him one; he may do better work next day.

All of these activities which take us out of doors, such as hiking, games, rowing, hunting, fishing, autoing and bicycling, have done more to prevent disease and often cure it, than any medicine in box or bottle.

Sunlight has long been used in the disinfection of



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Sunshine is good for the "kiddies," but it is just as good for grown up children. These are children of the Sun Worshippers of Devon, England.



There is a fine estate awaiting a claimant. Its broad acres with abundant crops, running water, and fine timber, stretch away as far as the eye can see. There is a mansion, spacious and cheerful, with rare pictures, a well stocked library, rich hangings, and every comfort and luxury. All the heir has to do is to assert his heirship, take possession, and use the property. He must use it. He must not let it decay. To neglect it is to lose possession.

In the domain of mind and practical power such an estate is awaiting every individual. You are the heir! You can assert your heirship, possess and use this rich inheritance. Power over circumstances is one of its fruits, health, harmony, and prosperity are assets upon its balance sheet. It offers you poise and power. It costs only the labor of studying and harvesting its great resources. It demands no sacrifice, except the loss of your limitations, your servitude, your weakness. It clothes you with honor and puts a scepter within your hands.

The Master Key will tell you how to secure this estate. A copy will be sent to you without cost or obligation of any kind. The Master Key is a key with which many are converting loss into gain, fear into courage, despair into joy, hope into fruition. It is a key which thrills, fascinates, carries conviction, understanding, perception, inspiration; the Key which is changing the lives of thousands and the Key which may have an almost unbelievable influence upon your life.

One Reader says, "The Master Key is too modest a title for such a stupendous revelation." Another says, "It is the most wonderful teaching ever conceived."

Others say:

"I am able to extract from this system all that can be made known by the finite mind relative to origin, evolution, destiny and the much-mooted riddle of the Universe."

"You have led a hungry world to the threshold and placed in their hands a key with which the understanding ones may

unlock the door and enter the secret place of the most high and enjoy the abundance of all good to be found therein."

"The Master Key is the answer to the demand, 'Knock and it shall be opened.' All the world seeks this wonderful key."

"I have found the Master Key and with it I am each day unlocking the storehouse of wealth and wisdom concerning which I was heretofore in utter ignorance."

"The lash of circumstances and the logic of events are, more than ever, impelling men to think. A philosophy of life having as its basis blind optimism, a religion that won't work seven days in a week or a proposition that is not practical, appeals to the intelligent not at all. It is results that we want, and the acid test is—will it work? The Master Key qualifies! Intelligence rules. Thought intelligently directed automatically causes its object to manifest on a material plane."

"The apparent impossibilities are the very things that help us to realize the possible. We must go over the unbeaten 'trail of thought, across the mountain of ignorance,' wade through the 'swamp of superstition' and cross the canyons of 'rites and ceremonies' if we ever expect to come into the 'promised land of revelation.'"

"You have synthesized the wisdom of the East and the West and given it in a manner so logical and penetrating, that by its aid one is able to distinguish wisdom from sophistry, truth from delusion, spiritual expression from psychic vagaries, and the sublime operations of spiritual insight and intuition from deceptive visions and false revelations. You have successfully taken the mystery out of mysticism and placed all propositions in the clear light, so that 'He who runs may read.' I consider you a true benefactor to the world."

Mr. Edgar Lucien Larkin, the world-renowned scientist and director of the Mount Lowe Observatory at Pasadena, California, says: "Its teaching is precisely in line with the wonders of the most recent psychology. All persons having desks should have this book thereon, and it would be a fitting pocket companion."

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You Will Enjoy It.
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This Advertisement contains a message of such transcendental importance that no reader of *Physical Culture*, whether man, woman, or child should fail to answer it.

How and Why I Look Fit

(Continued from page 37)

of women, it never occurred to me that girls were expected to be weaker and less active than boys, and I was used to seeing my mother the wage earner for the family, and my grandmother managing her household and financial affairs without the aid of any masculine strength. Very naturally, we had women servants, who did all the hard work. As women were all that I saw, the sex contrast was not apparent, and I proceeded to grow up as nearly like a boy, and an active boy, as possible.

When an old granduncle of mine, a pioneer of the halcyon days of California, decided, quaintly enough, that as there were apparently to be no boys in the family, and as he had no children himself, that he would bring me up as a sort of son, and so announced to my mother, it did not strike me as odd.

It had been my habit to wear overalls in the country, and dresses in the city. At nine years one is not analytical, and I assumed that the fundamental difference between boys and girls was clothes. A coeducational public school had convinced me that the boys were neither brighter nor more stupid than girls, perhaps only a little more mischievous. This I put down to the informality of trousers. I had felt it myself in the overall interludes.

With my granduncle, I travelled about the mountain mining camps, and learned to ride any sort of horse, in a rough and tumble fashion.

I never mount an English saddle to this day, for a ride in a formal park equestrian path, that I do not want to slap the horse with my hat, and yell. Whenever I see correct little girls, mounted in their correct little habits, on correctly equipped horses, with frozen faced grooms riding sedately behind them, I remember the wonderful long hard rides with my uncle Jim, over rough mountain trails, or no trails at all, when I was so small that I had to climb on the great high pommeled saddle hand over hand, and use the loop of the stirrup leather instead of the stirrup dangling a foot below, because my legs were so short.

In order to do what he spoke of as "harden me," dear old Uncle Jim took me over the hardest trails and taught me to make camp in the most trying places.

Many a stiff muscle he must have suffered, for he was an old man, that I might not be a "sissy."

My mother would not consent that my hair be cut short, for it was long and thick, but when we started out on a "hike," as Uncle Jim called our excursions, my hair was braided tight under a boy's cap, and I wore the roughest and strongest boys' clothing. I can remember Uncle Jim ordering me into the saddle in

Angels' Camp, with some of his '49er cronies around, to show how well his son (he always spoke of me so), could ride a bucking horse. I kept the saddle all right, but the jerking threw off my cap, and my hair came down and mortified me almost to death.

Paradoxically, Uncle Jim adored the classics. He could spout, and did, little known Latin and Greek poems, and on our long trips, one of the saddle bags always carried a book or two. From these he would read and translate as he went. Through the eyes of the old Greeks I grew to revere beauty and strength and to feel at home with Truth stripped of the polite camouflage of the twentieth century.

Through these long wild journeys, miles from any other humans, I grew to hold my body in wholesome respect. In the first place if I did not feel very well, not only did I lose the pleasure of the trip, but the hard riding and the rough living were decidedly uncomfortable. Healthy, I gloried in the game. Indisposed, I was acutely miserable.

There was another and more important, in Uncle Jim's eyes, angle to keeping well. No gentleman, he was constantly reiterating, would put another person to avoidable inconveniences. If one was sick, it meant a really troublesome time for one's travelling companion. I knew that he made no provision for illness on our trips, except a bottle of iodine and a roll of adhesive plaster, so I was mighty careful to keep well. I have never ceased to regard being sick in just that light. I had rather be caught lying than with a headache.

The physical incompetent is as much a charge on the community as the confirmed criminal. Being sick, is as much a social crime as burglary. It may be congenital and unavoidable, in some isolated cases, but so is kleptomania.

At thirteen or thereabouts, I decided that the clothing I had been wearing in my feminine role was altogether abominable. It consisted, in the custom of the day, in long, thick, knitted under drawers and shirt; a flannel petticoat and two "white" starched skirts; and when I wore a cotton dress, a terrible instrument of torture known as a "flannel sacque," which was always too tight, and which "rode up" under one's arms with indefatigable malice.

With the few dollars which I had gathered into my toy bank, I set forth in search of suitable habiliments. I knew my mother would be horrified at my leaving off what she considered proper garments. If I died of pneumonia, as had been predicted in answer to my protests, I could not help it. If I did not die, it would be an unanswerable argument.

In a neighborhood store I found some very cheap, and very flimsy, sleeveless vests, and muslin drawers. I added to my purchases a pair of the absurd "girdle" corsets of the period, but the front stay prodded me so fiercely just below the floating ribs that I soon discarded them as unnecessary. In triumph I wore the new things until I was satisfied that disaster would not result, and produced my evidence and conclusions to my scandalized mother. She could do nothing but succumb.

To date I have never worn more clothing than the law of polite society demands. If the weather grows unduly cold, I wear a greatcoat, but even that is seldom necessary. As a consequence climate is of almost no matter to me. Under my light clothing my body adjusts itself so readily to temperature that I can work without discomfort when other folks are either numbed with cold or prostrated with the heat.

Another victory I early won, and exactly in the manner of the clothes, was that of the inevitable daily bath. I have been reduced to bribing a Pullman porter to lock the dressing-room door on a cross-continental trip, while I struggled with a wet sponge and a splashing wash basin, and I have scandalized the worthy wife of a backwoods farmer by waiting until nightfall and performing with a washtub and a cake of soap behind the tool shed, with only the darkness for cover,—but never from the day of my emancipation have I gone twenty-four hours without at least being wet all over. Sometimes, in my roving, getting a bath was a real adventure, but adventure is always delightful.

Now I am going to make a confession. The reason that irregular habits do not bother me now, is because I did my best to establish them at a very early period. I have always eaten, so far as practicable, when I was hungry, and not otherwise. I have slept when I was sleepy, and I never have tolerated an alarm clock. When I grow tired, I stop and rest, if only for a moment. If I know I have to get up early, which I detest by the way, I go to bed early. If I know that sleep late will be possible, I thoroughly enjoy those delightful hours just before and after midnight. Losing a night's sleep or a meal or two doesn't bother me very much, certainly not in the proportion that most people of regular habits are bothered by similar omissions. All these things I learned from my Uncle Jim, who used to say in truly Shavian style, "Set meal hours and sleeping hours and working hours were made for the convenience of servants and employer. They are all right and necessary if

(Continued on page 52)

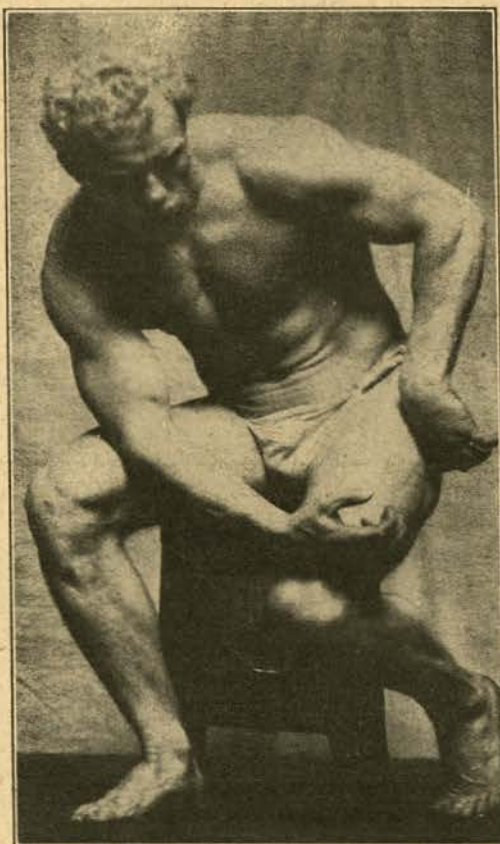
How Long Will I Live?

ALTHOUGH there is nothing more uncertain than life—and death, you may get a fairly accurate idea of how long you may expect to live from the table shown below. These statistics are compiled by the United States Bureau of Labor, and show the average age at death in the various occupations:

Bookkeepers and office assistants.....	36.5
Engineman and trainman (railway).....	37.4
Plumbers, gasfitters and steamfitters.....	39.8
Compositors and printers.....	40.2
Teamsters, drivers and chauffeurs.....	42.2
Saloonkeepers and bartenders.....	42.6
Machinists.....	43.9
Longshoremen and stevedores.....	47.0
Textile Mill Workers.....	47.6
Iron Molders.....	48.0
Painters, paperhangers.....	48.6
Cigarmakers.....	49.5
Bakers.....	50.6
Railway track and yard workers.....	50.7
Coal miners.....	51.3
Laborers.....	52.8
Masons and bricklayers.....	55.0
Blacksmiths.....	55.4
Farmers.....	58.5
All occupations.....	47.9

It is not very hard to understand why the bookkeepers do not live so long as the blacksmith. The sterling and rugged qualities of the blacksmith have been celebrated in prose and verse and many tales told of his enormous strength. Yet we have the farmer outliving the blacksmith, simply because his work is more varied, and brings into play all of the muscles of the body. This is the best argument possible for an all around system of exercise—a system which provides for the regular and systematic use of the entire muscular system.

Are you satisfied to fill an early grave? Why not live as long as Nature intended? You can do so by clean living, coupled with a proper amount of exercise.



ADOLPH NORDQUEST
(Reproduced from STRENGTH)

Three Score Years and Ten

Man's allotted span of life is three score years and ten. Therefore, if you are lucky, and live to the average which is less than 50 years, you will be dying twenty years sooner than you should.

If you will study the table of statistics carefully you will notice that as the muscular effort required in an occupation increases, the length of the workers life also increases. Those who live longest are the ones whose daily task calls for the regular and systematic use of the entire muscular system. How long do you expect to live? Think it over, and then act

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During the past eighteen years the Milo system has developed thousands of men and boys and has turned out more physical marvels than all other systems combined. Our system is the only one which provides for the regular and systematic use of the entire muscular system, and will enable you to develop real strength and health in a shorter time than any other.

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Since we resumed publication of Strength in November it has met with unqualified success and approval from its readers, and we have been urged to make "Strength" bigger and to publish it monthly. Beginning with the May issue, "Strength" will be bigger and better than ever, and on and after September 1st, it will be published monthly.

At the present time "Strength" is issued bi-monthly, and the subscription price is one dollar (\$1.00) per year. Those who subscribe now will be entitled to receive "Strength" every other month until September, and monthly thereafter.

The May issue of "Strength" is now ready, and contains 32 pages of real interest to physical culturists, illustrated with pictures of some of the best developed men in the country. A limited number of copies have been printed. Send in your subscription to-day.

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ADOLPH NORDQUEST

Do Germs Cause Disease?

A Symposium

The Germ Is Only the Secondary Cause of Disease

By W. Wallace Fritz, M.D., D.D.S., N.D.

THE germ is secondary to the original cause. All diseases, no matter what they may be called, *come from one specific cause.*

The origin of disease is found in the loss of function of the normal nervous mechanism and faulty blood supply to the involved or diseased areas, as the result of improper nourishment of the nerve centers, *caused by wrong eating and living.*

The loss of function of the nerves controlling the diseased areas is due to the abnormal changes taking place in the nerve centers, interfering with the nervous mechanisms which predispose the affected areas to inflammatory changes. The resisting power of the tissues is diminished and the soil becomes the proper food for the growth of germs, due to the want of proper circulation of blood and the elimination of waste and toxic poisons in the part.

The germ infection in the abnormal area is the secondary cause of disease. When all parts of our body are receiving their normal nerve and blood supply and the waste product is being properly eliminated, the germs have no influence upon the tissues of the body and cannot produce diseases.

Therefore, the origin of disease is the loss of nerve function to the parts, the loss of normal blood supply to the part, and the failure to eliminate the waste and toxic poisons from the part, producing stagnation of blood in the tissues and forming a medium for the invasion and development of germs.

All Medical men are treating disease from their germ theory, the secondary cause, while Drugless physicians treat disease from the original primary cause. The germs do not have anything to do with the origin of disease.

Sanitation "Works Out" Because the Germ Theory Is True

By William MacAlpin, M.D.

Complying with your invitation to contribute to a symposium upon the subject, "Do Germs Cause Disease," first let us consider the matter of physical life itself—the

conditions by virtue of which we, our true selves through the medium of the body, maintain contact with the material world.

That our bodies are but such a mechanism must be obvious to even a superficial thinker when he remembers how quickly disintegration of that body begins, once the vital spark is extinguished, when the force, call it what you will, that maintains body functions, by reason of injury from without, or the slower processes of disease finds the body untenable. Millions of micro-organisms begin the work of destruction and soon the body is reduced to its original elements. Micro-organisms are ever-present in infinite numbers in the air we breathe the food we swallow—liquid or solid—and only by

virtue of our physiologic defenses—our "resistance," is life maintained.

That specific organisms or germs *do* produce specific diseases is clearly beyond dispute. For example, the gonococcus will inevitably cause gonorrhea, and its destruction will cure the disease; the malaria parasite causes malaria and its destruction by appropriate treatment will cause its disappearance from the blood and cure the disease. No one will, presume dispute these well-known facts.

WHAT IS THE TRUTH ABOUT GERMS?

THIS question is perhaps one of the most important in modern medicine, inasmuch as entire systems of therapeutics are based upon the point of view, whether bacteriological or otherwise. This is a subject to which attention has been given in this magazine from time to time for years, though the present discussion was precipitated by Dr. John B. Fraser's "challenge," published last May, under the heading, "Do Germs Cause Disease?" in which Dr. Fraser presented facts and conclusions in connection with certain experiments he had carried on and challenged the medical profession generally to carry on further experiments along the same line with a view to proving the correctness of the germ theory of disease. In this symposium of medical and expert opinion we are publishing articles presenting both sides of the case. Show these contributions, including those published last month, to your physician. We will be glad to have further opinions on both sides of the question for future publication. We want the truth.

—The Editor.

The Panama Canal would never have been dug, but for the application of this knowledge. The list might be extended to many other diseases, quite as readily demonstrable. As to the disease being the "cause of the germ," it certainly will be interesting to know the process of elaboration of the two germs referred to according to bio-chemic theory.

The experiments cited by Dr. Fraser seem to me to prove little. Undoubtedly millions of germs of infinite variety do pass through healthy noses, throats and alimentary canals constantly. But we do not succumb, because of our physiologic defenses. Would Dr. Fraser deliberately apply a virulent culture of any of those experimented with to an abrasion, where it would enter the circulation unchanged? It seems to me that the bio-chemists confuse results with causes. It is well established that pathogenic micro-organisms, in their life-cycle, however brief, are subject to the function of nutrition and excretion, and that their excreta are poisonous to the human organism and responsible for reactions which constitute symptoms of poisoning, but these phenomena are chargeable to their source—the offending germ as truly as if (Continued on page 54)

How Every Woman Can Have A Winning Personality

Let Me Introduce Myself

DEAR READER: I wish to tell you how to have a charming, winning personality, because all my life I have seen that without it any woman labors under great handicaps. Without personality, it is almost impossible to make desirable friends, or get on in business; and yes, often must a woman give up the man on whom her heart is set because she has not the power to attract or to hold him.

During my career here and abroad, I have met a great many people whom I have been able to study under circumstances which have brought out their weak or strong points, like a tiny spot on the lens of a moving picture machine will magnify into a very large blot on the screen. And I have seen so many people, lacking in personality, try to make a success of their plans and fail completely, in a way that has been quite pathetic. I am sure that you also are familiar with one or more such cases.

Success of a Winsome Manner

I saw numerous failures that were so distressing that my thoughts could not help dwelling upon the shattered and vain conditions. I have seen women of education, and culture and natural beauty actually fail where other women minus such advantages, but possessing certain secrets of loveliness, a certain winsomeness, a certain knack of looking right and saying the right word would get ahead delightfully. Nor were they naturally forward women. Nor were they the kind that men call clever. Some of them, if you studied their features



Juliette Fara

liked to talk to them and to do things for them. In their presence you felt perfectly at ease—as though you had been good, good friends for very long.

French Feminine Charms

The French women among my friends seemed to me more generally endowed with this ability to fascinate than did my friends among other nationalities. In the years that I lived in Paris, I was amazed to find that most of the women I met were enchanting.

"Is it a part of the French character?" I asked my friends.

"Were you born that way?" I would often ask some charming woman.

And they smilingly told me that "personality" as we know it here in America, is an art, that is studied and acquired by French women just as they would learn to cook, or to sing by cultivating the voice. Every girl and woman possesses latent personality. This includes you, dear reader. There are numerous real secrets for developing your personality. In France, where the women have always outnumbered the men, and where opportunity for our sex is restricted, those who wish to win husbands or shine in society, or succeed in their careers, have no choice but to develop their charms in competition with others.

How Men's Affections Are Held

Lately the newspapers have been telling us that thousands and thousands of our fine young army men have taken French wives. It was no surprise to me, for I know how alluring are the French girls. Nor could I help conceding the truth in the assertion of a competent Franco-American journalist that "American girls are too provincial, formal, cold



You may have all those attractive qualities that men adore in women

and unresponsive while the French girls radiate warmth of sympathy, devotion and all those exquisite elements of the heart that men adore in women."

And I who am successful and probably known to you by reputation through my activities on the Faubourg St. Honoré can tell you in all candor, as one woman confiding in another, that these French secrets of personality have been a very important factor in the successes of mine. But it is not my tendency to boast of myself, the Juliette Fara whom I want you to feel that you already know as your sincere friend, but I speak of YOU and for YOU.

French Secrets of Fascination

My continued residence in France enabled me to observe the ways and methods of the women closely. I studied and analyzed the secrets of their fascinating powers.

When I returned to the dear old U. S. A., I set myself at work putting together the facts, methods, secrets and formulae that I had learned while in France.

Of one thing I am absolutely convinced—every woman who wishes it may have a winning personality.

Overcoming Deterrent Timidity

I know I can take any girl of a timid or over-modest disposition, one who lacks self-confidence, or is too self-conscious for her own good, and show her how to become discreetly and charmingly daring, perfectly natural and comfortable in the presence of others. I can show you how to bring out charms which you do not even dream you possess.

Uncouth Boldness—or Tactful Audacity

If you are an assertive woman, the kind that suffers from too great forwardness, I can show you in a way that you will find delightful, how to be gentle and unassuming, to tear away the false fabric of your repelling and ungracious personality and replace it with another that wins and attracts. By this method, you will succeed, oh so well, while by uncouthness or misapplied audacity you meet with setbacks.

I can take the frail girl or woman, the listless one who usually feels that the good things in life are not for her and show her how to become vigorous and strong, tingling with enthusiasm and good cheer and how to see the whole wide world full of splendid things just for her.

Become An Attractive Woman

I can take the girl or woman who is ignorant or careless of her appearance, or the girl who dresses

unbecomingly and instill in her a sense of true importance of appearance in personality; I can enlighten her in the ways of women of the world, in making the most of their apparel. All this without any extravagance; and I can show her how to acquire it with originality and taste. You realize, of course, that dressing to show yourself to advantage, is a real art and without that knowledge you will always be under a disadvantage.

For Married Women

There are some very important secrets which married French women know that enables them to hold the love, admiration and fidelity of their men. How the selfish spirit in a man is to be overcome so ingeniously that he does not know what you are accomplishing until some day he awakens to the fact that his character and his manner have undergone a delightful change—that he is not only making you happy, but he is finding far greater pleasure in life than when he was inconsiderate. There are secrets in my compilation that are likely to change a turbulent course of married life for one that is entrancingly ideal. And this power lies within you, my dear Madam.

Acquire Your Life's Victory Now

What we call personality is made up of a number of little things. It is not something vague and indefinable. Personality, charm, good looks, winsomeness and success can be cultivated. If you know the secrets, if you learn the rules and put them into practice, you can be charming, you can have an appealing personality. Don't think it is impossible. Don't think you must be born that way. Don't even think it ought to be hard to acquire it; because the secrets of charm that I have collated and transcribed for you are more interesting than the most fascinating book you have ever read.

Once you have learned my lessons, they become a kind of second nature to you. When you notice the improvement in your appearance, how you get on easier with people, how your home problems seem to solve themselves, how in numberless little ways (and big ones, too) life gets to hold so many more prizes for you, you will decide to put more and more of the methods in practice in order to obtain still more of life's rewards.

No Fad—the Success of Ages

I am well enough known by the public not to be taken as advancing some new-fangled fad. All my life I have understood the value of plain common sense and practical methods. And what I have put into my course on the cultivation of personality is just as practical as anything can be.

I could go on to tell you more and more about this truly remarkable course, but the space here does not permit. However, I have put some important secrets for you into an inspiring little book called "How" that I want you to read. The Gentlewoman Institute will send it to you entirely free, postpaid, in a plain wrapper, just for the asking.

My advice to you is to send for the free book "HOW" if you want to gain the finest of friends and to possess happiness with contentment that will come to you as the result of a lovely and winning personality.

Juliette Fara

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Do Germs Cause Disease?

(Continued from page 52)

the mere presence of the germ produced them.

As to the relative importance of germs and susceptibility in the causation of disease, it is impossible to discriminate. The germ is ubiquitous—like the "poor." The important thing is to maintain a well-nourished, clean body, regulating food, exercise and rest with reference to age and occupation, the cultivation of a philosophic outlook upon life also helps; as well as mental and physical control, the consistent exercise of the humanities, and remembering that example is better than precept; that a man or woman furnishing a living demonstration of right living is the greatest source of helpfulness in the world.

The Reason for Germ Life

By Dr. T. C. Wilson

It is not the purpose of the writer to enter the realm of speculation as to whether germs do, or do not cause disease, except to state, that according to the plan of nature, germs are not the primary or irritating cause of any abnormality.

In discussing this phase of the subject we will leave out the rabbits, the mice, and the hypodermic needle, for these experiments in living tissue, with its unknown and varying chemical changes, is the very highest form of speculation.

When it comes to defining the real cause of disease, it seems that the world has been groping in darkness for many centuries. Until we can give a scientific explanation as to why and how we get sick, it seems useless to discuss the matter.

Fundamentally, the human organism is controlled by two positive laws. One is the law of growth and the other is the law of disintegration or decay. One law is just as perfect in its operation as the other. This peculiar phenomena of growth is the direct result of unobstructed nerve stimulus, acting in a marvelous way through chemical assimilation. This means, if we have a perfectly articulated body structure, normally stimulated, with a normal food supply, the chemical re-action of this process would be a normal cell and the continued building of these cells is what we call growth.

Now the law of disintegration represents the process of cell destruction. For instance, we will assume that an individual gets sick, structural harmony is broken, stimulation becomes abnormal, assimilation is impaired and the desire for food is lessened. The inevitable result, under such a condition is a reduced vitality and function, and a morbid accumulation of foreign substances, produced by a cessation of normal elimination.

This mild or grave disturbance may be

located in the lungs, or in the bowel, depending upon the area affected, and the severity of the condition will be in exact ratio to the gravity of the occlusion, ranging from a simple pimple to the most malignant type of disease, or death itself. When tissue degeneracy begins, and morbid accumulations reach a certain degree of putrefaction, the law of disintegration is immediately in force, and through germ activity—the only means through which disintegration is accomplished—this dead or half dead morbid substance enters the process of being reduced to its original elements.

When people are educated to the importance of structural harmony, and understand the importance of regular and normal exercise, as taught by the PHYSICAL CULTURE MAGAZINE, are rational in their eating, think and act constructively, they need not fear any germ; for germs have their important mission in the great scheme of nature, and are not harmful unless they are invited by the perfect law of disintegration.

This Soldier Wants to Know what Started the Mumps

TO THE EDITOR:

If germs do not cause disease, then what is a contagious disease?

In our camp there came a man from another camp and was assigned to our company. This man had the mumps and when the doctor discovered it he quarantined the whole company. In a few days half of our company was down with the mumps, and in a few more days all the men that had never had the mumps before caught the disease.

Will you kindly explain how this happened if not through germs?

A. E. F.

Sneezing and the Germ Theory; Influenza Explained

By Charles E. Page, M.D.

Here we have some significant points from a physician of wide experience:

A so-called "Health Bulletin" prints a cartoon showing a poor wretch in the act of sneezing and an army of people mowed down by "germs" as though they were up against machine guns!

It would better illustrate the absurdity of the sneezing fear in a journal engaged in opening the eyes of the public to the absolute silliness of the prevailing theory as to the menace from so-called germs;

which, as is known to all well-informed doctors and scientists, are bacilli and product of the disease with which they are associated and by no means its cause.

We have to admit that sneezing one's face is very unladylike; but in the history of the race no one ever contracted disease from being sneezed at or on. The prevailing notion of the germ theory were at all correct, the race would have been stricken from the face of the earth many, many generations ago.

It is one of the most mischievous and misleading of all the many absurd notions of the medical profession, throwing the laity completely off the track as to the real cause of disease; namely, wrong living habits—one of the worst features of unhygienic self treatment being the habit of overclothing the body. Here we have the principal cause of influenza cases of which are in evidence every day in the year, epidemics being the result of warm winter weather, with nearly every body bundled in clothing adapted to the severest of winter weather.

Meanwhile—*c'est a rire*. The bacteriologists are hunting for the "germ."

Two winters before last, an unusually cold winter (and hence free from epidemic influenza, by the way), a soldier lay dying of pneumonia on board a ship all nicely bundled in his berth. The ship was torpedoed, and the patient was hustled out with scant covering into an open boat where he shivered and shook for several hours; but when they finally got on shore he scoffed at the idea of going to the hospital, "for," he said, "I'm all right." And, so indeed he was; cured by the Hun's torpedo!

The above incident was printed in all the newspapers at the time, but pity it is that it hasn't opened the eyes of the medical profession as to the mischievous effects of forever bundling the skin; a true breathing organ, its millions of blood-vessels gasping for air under even the lightest of drapery and completely smothered under many folds of clothing.

If the medical profession were wise to the fact in physiology that the skin is a true breathing organ and could influence their families throughout the nation aright, there would never be an epidemic of influenza, for the people would keep as clear of clothing as the law allows—as has been the practice of most of our women for a generation or two (from fashion, of course), they having been immune from influenza and pneumonia, as compared with males in their heavy clothes. But now, alas, the fashion is changed, and women in furs are getting into the class with males. Verily, "it is safer to shiver than sweat!"

(Continued on page 56)

These Are The Hours That Count



MOST of your time is mortgaged to work, meals and sleep. But the hours after supper are *yours*, and your whole future depends on how you spend them. You can fritter them away on profitless pleasure, or you can make those hours bring you position, money, power, *real success* in life.

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(Continued from page 54)

The True Causes of Disease —Toxemia and Enervation

By Benj. S. Claunch, M.D.

DR. FRASER is right! Germs do not cause disease. But this assertion by Dr. Fraser or anyone else does not make it true or convincing. Let us subject the germ theory to the test of reason, the supreme test of all theories, and see if it will survive.

First, what is the medical man's idea? His assumption that various germs cause various diseases is based on the fact (and it cannot be disputed) that they are present in certain stages and conditions of disease. Beyond this, he cannot explain. How they got there or why they are thriving there, he cannot tell. However, he knows that the layman knows little or nothing of the subject, hence his opinion (regarded as absolute authority by the unthinking) finds ready acceptance in the public mind; especially since it comes almost universally from his profession.

But let us think! Let us get a glimpse of the Natural-Therapist's viewpoint.

Why does the "germ-ologist" fail to find active germs when he examines a healthy person? Is it because good health made the person examined immune to germs, or did they overlook him in their frantic search for a "victim?"

If the ubiquitous germ were the actual cause of the disease, life would be a case of

"God help us!" from the beginning. The earth would be depopulated in a short time.

Do maggots attack live, healthy animals, or do they thrive only when thrown in contact with dead or diseased tissue? The case of the germ is identical.

Pure blood is the one true and perfect germicide, and until morbid and impure matter is present in the blood-stream, no germ can thrive therein; hence disease must be present before any germ attack can be successful.

This disease matter (toxemia) forms a very favorable culture medium for germ propagation. This alone accounts for their presence in the various kinds and conditions of disease. How does toxemia, which is the primary cause of all diseases, get into the system? It is the direct and inevitable result of intake in excess of utilization and elimination. When more food and drink are taken into the system than can be used as nourishment or eliminated, they are bound to decompose rapidly in moist temperature of ninety-eight degrees (body heat), thus forming the toxic impurities known as "toxemia."

When enough has accumulated that it can no longer be contained in the blood-stream, it is deposited in the cavity or organ offering least resistance, hence the weakest or most poorly developed organ is the first to become affected. The name and character of the disease are thus determined.

When toxemia (usually mucus or pus,

but naturally of a different character the different organs) is deposited in quantities that the resistance of organ breaks under its poisonous burden and disintegration begins, then it is the germ, to which this particular condition is a favorable breeding ground, grow and thrive on coming in contact therewith.

Secondary in disease causation enervation, which results both from presence of toxemia and the excessive waste of the vital fluids and forces of body. Enervation accompanies all diseases. This nerve weakening, no matter whether caused by eating and drinking in excess of body needs or by wasting the force by other forms of indulgence beyond the power of recuperation, is an assistant of toxemia in bringing on progressive conditions known as chronic disease, premature old age, and death.

These conditions may be stayed for a very long time by ever living within every capacity and never committing the least excess in anything, but they can be prevented by serumizing or inoculating to kill a germ that only happens to be present because disease offers it a favorable place to live and grow.

Doubtless, when germs once gain a foothold, they hasten the progress of disease just as the burrowing mole hastens disintegration of the soil involved. But toxemia (disease) must be present before any germ can live.

How Long Will You Live?

(Continued from page 21)

The average restaurant, which he might normally be expected to patronize, is even worse—with a little to spare around each end, and a tuck in the middle. And what Class B4 food—treated as only Class B4 cooks can treat it—does to a man is a joy forever to the doctor and the undertaker.

So, while the alternative may seem a cruel one, it is really a sort of liberty or death choice—with the odds in favor of both—which the bachelor makes.

It has been claimed also that the "expectation of life" decreases after forty by reason of the fact that, a larger number of children having been kept alive until the age of forty, the proportion of unfit humans is correspondingly greater. These, it is contended, by reason of a deficient constitution, are unable to cope with the multitudinous diseases man brings upon himself during middle life.

This might have some foundation of fact if it were a universal experience. But statistics prove that the increasing death-rate above forty is *effective only in America*. In England and on the

Continent the death rate above forty has been lowered proportionately to the lowering of the infant death-rate, and, paradoxical as it may seem, this strikes a note of hope for Americans. For, knowing what it is that makes them so vulnerable, the means for decreasing this vulnerability are automatically suggested. There are two classes in which this vulnerability is most manifest. These are the very poor, and the equally very rich. The poor man is vulnerable because he cannot get sufficient nourishing food, rest and recreation to keep his resistance at par.

Both of these would be better off if they could average their lives, and strike a happy medium of moderation.

However, the poor man today, especially the working man, is in a fair way to improve his social condition. The great majority of artisans can now afford necessities—not to say luxuries—that their fathers would never dream of being able to secure for themselves. By the exercise of thrift and discrimination in purchasing—with especial emphasis upon the quality and quantity of

meat and pastries consumed—the man who is not too terribly poor can enjoy a diet that is adequate and nourishing.

The well-to-do person, on the other hand, will benefit by learning to "cut out." If he has any interest in continuing to make this earth his home, he must learn to chew more and eat less—and *always* and *always* get rid of the debris.

He must learn that the best health insurance in the world is to use his muscles and his body. Early and late, winter and summer, rain or shine, he must remember never to ride when he can walk; to exercise and perspire; never to let himself drift into sedentary habits.

For rest spells rust; and rust means break-down in the body machine sooner or later—usually sooner.

It is the sedentary life—whether practiced by the millionaire, or by the clerk—that is the chief cause of middle age vulnerability. It is the body stagnation—from over-use of the alimentary canal and under-use of the muscles

(Continued on page 58)

The Hidden Flaws That Rob You of Twenty Years of Life

The Story of How John Martin, Aviator, Lost His Life Through Carelessness and the Lesson it Points out to Every Man and Woman in America

"SMILING" Jack Martin climbed into the cockpit. With a swift motion he snapped the buckle of the safety belt and drew his goggles over his eyes.

"Contact!" With a spitting roar the mighty motor crashed into action. The bright-tipped blades of the great propeller slashed the air to ribbons. Faster and faster the giant plane bounded over the clover tops, kicking a swirl of dust behind. With a final bound she reared herself free and soared up into the blue.

Two thousand—five thousand—ten thousand feet! Flame spat from the glowing exhaust, trailing its oily smoke in the wind. The staunch motor pounded and crashed as the giant ship roared along the cloud lanes—thrilling evidence to the triumph of science.

Crack!

The powerful plane suddenly paused in its flight and appeared with a mighty lurch. Swiftly she rolled and plunged into a spinning dive. End over end like a plummet the big machine shot to the earth. A crash like

the crack of doom smote the air. The thing which a moment before had proudly sped the trackless sky lay a tattered heap of cloth and twisted steel.

So passed Jack Martin, a skilful pilot and a prince among men—all because of a tiny hidden flaw in a control wire, a flaw which a moment's inspection would

Like a plummet he shot to the earth—a victim of carelessness.

have detected. Poor old Jack paid the price of carelessness with his life.

Perhaps you are wondering what this story has to do with you. Just this—"Smiling" Jack Martin died because he was in too much of a hurry to inspect his machine. Every year in the United States thousands of men and women die because they are too busy to inspect their internal machinery. Many insidious, human diseases progress swiftly and silently, without

visible warning. Hundreds of deaths from disease are just as preventable as Jack Martin's from a defective wire.

At regular intervals you have your motor car overhauled and put into first class shape. At frequent periods you have your batteries tested. The elevator cables in your building are inspected every thirty days to insure absolute safety. The tracks of the railroad over which you ride are constantly examined for any possible flaw that might cause disaster. But what about yourself? What do you know about your internal machinery?

The average man feels so secure in his possession of health that he takes it as a matter of course—yet 600,000 people die each year in the United States from preventable disease.

Just because you feel well is no sign that you are well. An unusual feeling of vitality and exuberance may only be indication that nature is making a final effort to stay the ravages of an insidious hidden malady. How many times in your own circle of acquaintance have you seen an apparently healthy man suddenly go to pieces and die over night? There is no real sudden death. Men who die without warning have been ill a long time without knowing that anything was wrong. The so-called "sudden death" is merely the culmination of an unsuspected illness of long standing.

How You May Know When Trouble Lies Ahead

Nature is kind to her children—when there is anything wrong she warns us in various ways. Pains and aches are not sent to plague us—they are sent to act as danger signals. But we cannot rely on pain as an indicator of trouble for there are some diseases that do not warn us by aches and pains—but their warning is equally effective if we know where to look for it and how to heed it. It is this secret which means perfect health and a longer life for you.

Through the National Bureau of Analysis thousands of men and women in every part of America—many of them prominent people—are insuring active, vigorous health, are literally adding years to their lives. There is no possibility that they may die from some preventable illness. At the first sign of danger they are fully informed and can take immediate steps to stay the prog-

ress of the disorder. They know that there is practically no chance for them to die without warning except through unforeseen accident. Many of them have stated that they would not take a thousand dollars for the sense of security which this efficient service gives them.



The constant drive of business leaves little time for attention to one's health. But, by this simple method only a minute a year will insure not only perfect physical condition, but the practical assurance of adding 10 to 20 years to your span of life.

Find Out About This Wonderful Health Service

No thinking man or woman can afford to overlook this proposition. The mere confidence you will have at knowing just what your true health condition is will be of inestimable value to you. You can not afford to be in doubt about the functioning of your physical machine. It will cost you nothing to learn how you may keep informed of the exact state of your health—how you may be warned in time of any hidden disorder. Just mail the coupon and we will send you a little volume "Why People Die Too Young." Don't wait until you have fallen ill—delays are often fatal. Don't beguile yourself into preventable trouble by lack of understanding of this service which is founded on proven scientific facts.

Simply write a postal or mail the coupon to the National Bureau of Analysis, Dept. P. C. 5 Republic Bldg., Chicago, Ill., and the book will come to you by return post.

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(Continued from page 56)

system—that invites the plagues that work, like thieves in the dark, to rob the physical citadel of its power of resistance.

The evils that result carry the attack to the vital organs—the heart, the liver, the kidneys—above all to the arteries, in the form of nephritis, heart disease, diabetes, arterio-sclerosis, and chronic digestive and intestinal troubles.

Just what causes these disorders is still a debated question. Dr. William H. Porter, who, in my opinion—has more practical knowledge of them than any man in the country—classes these disorders as “under-oxidation diseases.” Which, in Queen’s English, means too little oxygen, too little exercise, and too much—or the wrong balance in the food intake.

And the proof that Prof. Porter is right lies in the fact that he cures these patients—some of them when they are almost moribund—by seeing to it that they get the right balance of food, more fresh air, and then, as soon as they can take it, more exercise.

The insidiousness of these degenerative diseases, however, is their gravest source of danger. In hardening of the arteries, one of the most common of these disorders, the condition may develop so quietly that the average victim learns of its presence only when the disease is so far advanced that little can be done, except to stay its progress.

In those past middle life, the chances are that in nearly one out of every two, the arteries have already begun this thickening process—and without arousing the least suspicion. This statement is based upon an examination of one thousand persons engaged in sedentary occupations, made by the Life Extension Institute, and in which 42 per cent showed various degrees of arterial degeneration.

And remember, also, that while we do not know the actual cause of cancer, it is, not infrequently, tied up with some of the degenerative conditions,—particularly those cancers affecting the digestive organs.

In fact, Dr. Mayo, in his address as President of the American Medical Association, has declared that, in his opinion, cancer of the stomach and intestines is quite generally the result of irritation of these organs,—brought about by digestive troubles.

One man in every ten and one woman in every eight, over the age of 35, die of cancer. Therefore, the obvious thing for a man or a woman who doesn’t want to be numbered among the victims of this grim tragedy of the body cells, is to be most reverently careful in avoiding the things that cause it.

And this reminds me that, in the treatment of this condition by Dr. Fitzgerald’s method of Zone Therapy, there may be a strong ray of hope for sufferers from this disease. Several

cases have now been apparently cured, by various probe pressures in the mouth, and by the wearing of rubber bands around the ankle, wrist, and fingers, corresponding to the zones in which the cancer is located.

Two of these patients I saw only a short time ago, with Dr. Henry Smith Williams of New York. Both had been pronounced hopelessly incurable, one of them inoperable—and were given but a few months to live.

Yet both of these patients are now absolutely well, so far as any evidence of malignancy is concerned—chipper as crickets, and promise to live for forty years yet.

This is one of the wonders of modern scientific discovery—and the most wonderful thing about it is its simplicity—and the fact that the patient can usually relieve herself of pain, and conduct her own treatment—merely by stimulating the normal nerve impulses in the zone in which the cancer is located.

Another frequent cause of the degenerative diseases that turn middle-age into old age, is the frightful condition of the average American mouth. When it is understood that only 8 per cent of our population seek the regular services of a dentist, it can readily be seen that our people come by their abnormal dental condition honestly—if anyone can call this honest.

Remember that every hollow tooth harbors thousands of germs, many of them of the most malignant character. Every decayed root, every abscessed gum, is a pus factory, the putrescent products of which are being swallowed with every mouthful of food and every drink of fluid we take.

Wouldn’t you think a man crazy who would select with scrupulous care for its freshness and palatability, a piece of meat, or other food, and who would then smear this food over with a half a teaspoonful of pus—or the vilest product of decay he could find in any cess-pool? And who would then deliberately swallow this mess?

Can you imagine what the results of this putrefactive poisoning would be—continued day after day, and year after year—or until the rotting teeth were finally lost?

Yet this is exactly what is happening in the oral cavities of hundreds of thousands of people in this country—more in Europe, as they are not even as “dentist-wise” as we are. In the light of these facts, is it not easy to understand the cause of so many chronic stomach and intestinal conditions—so many kidney and liver degenerations?

This leads us back also to the systematic way we have been “short-changing” ourselves by “feeding up” on white bread, crackers, polished rice, hay, and other foodless foods—when we should have had whole wheat, unpolished rice,

and cereals whose phosphorus and mineral content had not been purloined and fed to the pigs. But this, as Kipling would say, is a tale to be told subsequently.

The question, then, as to how long we are to live, depends largely—not upon the liver—but upon the one who owns the liver.

If we realize that every physical transgression of youth must be paid for with compound interest in old age—granting, for the sake of argument, that the transgressor will ever get this far,—and that wild oats, booze, and excesses of any kind inevitably shorten life,—we’ll likely adorn this Bank and Shoals of Time much longer than we otherwise would.

If we exercise the muscles, and breathe deep, and load up on oxygen, and get rid of the body debris, we’ll still further increase our chances.

If we accommodate ourselves peacefully to the fact that we don’t need the amount of food we did when we were growing up to 25; and if we realize that pure milk is one of the best of all foods; and that frequently we only want a glass or two of water when we think we need more food; and that tobacco is a narcotic poison, with a definite pathological action on the nerve and body cells; and that worry, anxiety and nervous apprehension play hob with normal metabolism; and then govern ourselves accordingly, we’ll still further increase our chances for a hale old age.

And then, if we refrain from thinking and admitting that we are growing old, and act always as though we were at least ten years younger than we are, we’ll do still more to increase efficient longevity.

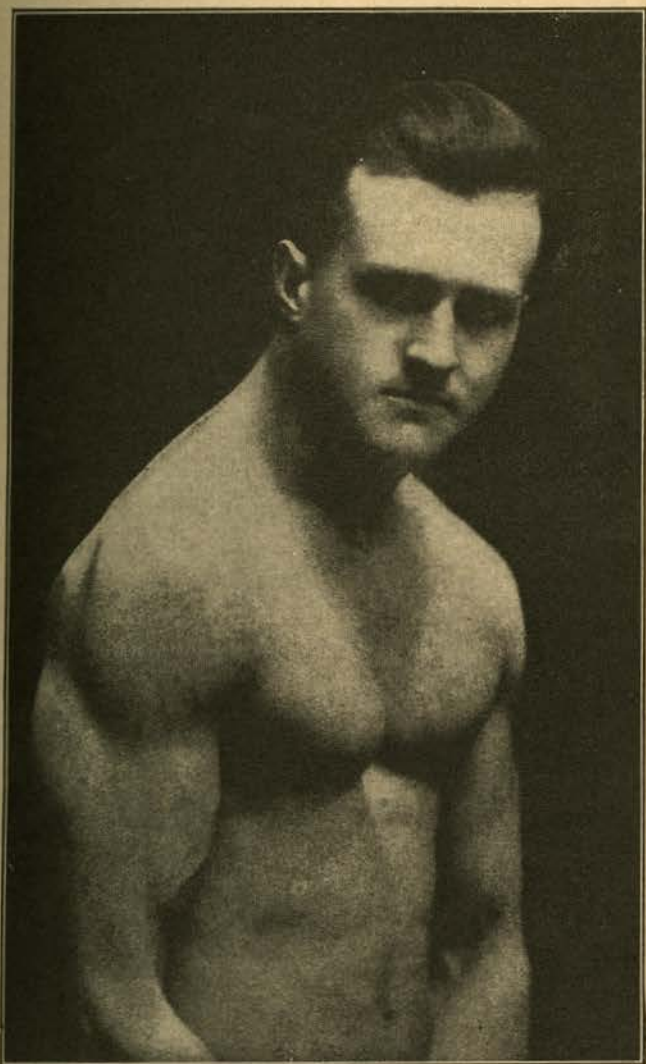
None of us, in all probability, will ever live to be a hundred. In fact, it is gravely to be doubted—in spite of the weird tales of the Patrs and the Jenkinses, and the old Indians and negroes—who knew Christopher Columbus and Julius Caesar—whether many ever really *did* live that long.

The World Almanac, which publishes a list each year of all the famous living old people, contains the name of no centenarian. The oldest is but 96; and only eight are in the nineties.

However, this needn’t concern us. To live to be “An Olde, Olde, Olde, Very Olde Man” is no great achievement. It merely denotes persistence of vitality. And it’s not how long we live, but what we *do* while we are living that counts.

That we may have smoothed the road just a little for those that are to come, and helped make the world better for our having lived; that we have stilled a child’s cry, dried a woman’s tears, lifted the burden of sorrow from some stricken soul, and backed the faith in himself of one who fought unselfishly for the right—these are the real achievements.

What Would It Mean—TO YOU— To Have Muscles Like These?



EARLE LIEDERMAN, The Acme of Physical Perfection

IT would mean tremendous strength, putting you in a class above your fellows. It would mean that you could outdo them in feats of strength and be a leader of men. It would mean a strong personality because of your commanding appearance, thereby assuring you of success in both the business and social world. It would mean added lung power, unlimited vitality and perfect health; removing all fears of constipation, indigestion, etc., which undermine the average man and make him old long before his time.

The Road To Strength

Have you found it? Are you satisfied with your present condition? Life is a fight of the fittest. The weak are trodden down by the strong. It is therefore up to you to prepare yourself and build up that body of yours for the fight. Enter the conflict and be a success. No one cares for the failure.

Attain Superb Muscular Development

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My course is the ideal tonic for weak or unhealthy persons. It is a real muscle and health builder. The kind that goes into the body, hunts out all the weak spots and strengthens them. It stops the leaks that slowly but surely drain your strength and vitality. Do not be content with less than the best health and strength possible. If you are strong, protect yourself by improving it and reaching for perfection.

All These Things Are Yours

I absolutely guarantee to do all this and more for you. I have found the short cut to physical perfection and applied it

on my own body, proving its results. I have personally trained many of the world's strongest men by this same method. Why waste your time and money with old time worthless methods? If you are desirous of being a real robust man, follow the path of those who have already made a success. Come now, get busy, for every day counts.

Send for My New Book "MUSCULAR DEVELOPMENT"

It tells the secret. Handsomely illustrated with 25 full-page photographs of myself and some of the world's best athletes whom I have trained. Also contains full particulars of my splendid offer to you. The valuable book and special offer will be sent on receipt of only 10 cents, stamps or coin, to cover cost of wrapping and mailing.

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The Soul's Crucible

(Continued from page 31)

I sang obediently. Then we both turned and scuttled out of the room, closing the door carefully behind us. Carl's mother, Aunt Caroline, and Father were sitting before the fire.

"Does Grandmother want anything?" asked Aunt Caroline, half rising; but upon Carl's earnest assurance that she didn't, much to our relief, sat down again. Father held out his hand.

"Come here, Carl," he said.

Carl sprang to his side; they were great friends.

"In spite of anything I can put forth against it," went on Father, smiling at Aunt Eleanor above Carl's head, "your mother has declared you both must leave us in a day or two."

"Oh, Mother," cried Carl. "Not back there! Oh, Mother!" Had I not known Carl, from the words of his own lips, as slayer of giants and hero of the terrible House of the Mouth and Eyes I should have said his facial contortion was that of one preparing to shed tears.

"Hold on, old chap." Father rumbled the hero's hair. "I was just about to suggest, if you really wish it, that mother permit you to stay on here with us."

There followed, of course, pleased exclamations from Carl and me and rather weak protestations on the part of Aunt Eleanor which Father easily overruled. It was Aunt Caroline who settled the matter with the argument that two children would amuse each other and claim less of her attention than one.

"Well," conceded Aunt Eleanor, "if I could be sure that he wouldn't be annoying the Grandmother in any way. You can hardly say that two children make less noise than one, Carrie."

"Ha!" Carl could not restrain his laughter at that. "It was Grandmother thought of it first, anyway. She made you think of it, Grandmother did. She waved her wand—"

"There he goes again," sighed his mother helplessly. "He is so full of fancies; I believe the child is becoming morbid. He was less than a year old when his father died, you know, and of course doesn't remember him at all. I think a boy needs the tonic of a man's influence, don't you, Hugh? I had been thinking of placing him in a school for that reason, but now that you have suggested this it takes a weighty problem off my mind, I'm sure. It is going to be too wonderful for him, and—and I mustn't think of how lonely I'm going to be without him."

She turned away her head, and seemed to all of us very plaintive and sweet, so that Carl hung about her neck and declared that he would never leave her and she should not go without him. But she urged him prettily to stay with

us for her sake and his own good; and beneath all her softness was an iron vein of insistence he had probably found before and recognized as obdurate. He demurred no longer, and resigned himself to joyful contemplation of the birch log playhouse that Father promised to build for us. A few days later Aunt Eleanor departed, and with her the air of holiday festivity that she had brought into our household. There was this about Carl's mother—and in the occasional glimpses I obtained of her in after years, I saw that she had it still—a blithe irresponsibility that was wholly infectious. One could not remain for long in her presence without wanting to play. Obviously selfish and insincere she probably was, even with herself, always skimming lightly upon the crest of waves over depths that would submerge the most of us, yet, by a certain bright gaiety of spirit, she received the tolerance and affection that is given to a child. In her case it amounted almost to a virtue; Carl possessed it too. I noticed that whenever her name was mentioned between them, Aunt Caroline and Father exchanged a little smile; but the smile was not unkind.

At once Carl became an acknowledged member of the family. His mother wrote seldom, but frequently Father would bring home from the station a box addressed to Carl and me containing a complete outfit for both of us, and candy or a toy. Then, once a month, a yellow slip of paper was sent to Father which he explained came from Aunt Eleanor's lawyer, and would continue as long as Carl stayed with us. He often took us with him to a place where he handed the little slip through a window and obtained real money in return. Most of it he told us would go to buy dainties for Grandmother that she might not otherwise have had. Sometimes he would let Carl choose them and take them to her, knowing that it made him very proud to do so. And although Grandmother accepted all favors as her due, we would have been the last to criticize her for that, nor did we resent the imperiousness of any command she gave us as we might have done from the lips of a mere mortal.

It was Grandmother who sent us to look for new-born babes in the cabbage patch—by the light of the moon.

Nellie had taken us home with her one Sunday to see her sister's new baby, which was only one of the many objects of interest in the place where Nellie lived. It was astonishing to find how many remarkable things could be crowded into so small a space. Her house stood at the end of a straggling row of other little houses exactly its counterpart in size and pattern, but the decorative instincts of the owners essayed an individuality which the architect had

decried. Before some of the cottages were splotches of green grass or bits of garden, and some had coats of paint and some had none. Nellie's house had lately been painted a salmon pink—to match the baby's face, I thought. The sister who owned the baby was sitting on the "front stoop" rocking it violently. She greeted our approach with a nod, and relaxed the vehemence of her motion sufficiently for us to survey the screwed up lineaments of the mite whose charms Nellie had described all the way from home.

"The wee bitsy hands of the darlin' will you look at 'em now?" crooned Nellie. "An' did ye ever see the like o' the wisp o' hair on the top of his head!"

"Like a feather," remarked Carl, at which Nellie laughed immoderately. Emboldened by the reception of Carl's observance I inquired the baby's name.

"We call 'im Jawn," vouchsafed Nellie's sister, "after 'is father."

"Is Ma home?" asked Nellie, "An' the kids?" In reply Jawn's mother jerked her head in the direction of the house, and as if her gesture had invoked them, Nellie's younger brothers and sisters, all bare-footed, dirty-faced, and of assorted sizes came running from all directions and grinning shyly, crowded around us. But, somehow, before that way of Carl's their diffidence vanished to easy acceptance of us as one of themselves; they displayed the few pitiful possessions of their dwelling, certain of the appreciation that we gave them, and pointed out the enlarged framed photographs adorning the "front room" with the pride of one exhibiting the portraits of his ancestral halls, perhaps of the two, a pride more justifiable. I was especially interested in a picture of Nellie, in her childhood, engaged in prayer. She knelt beside a chair adorned with an enormous bow, and gazed ceilingward with an expression that because of her "up" nose, seemed a trifle supercilious. Also there was that wonder of wonders, the red plush album with the music box in the cover, removed from its place of honor before the window and placed into our eager hands. One turned a small handle, waited for a breathless instant, and bent to hear the tinkling tunes that followed—two of them, "Long, Long Ago," and "Home Sweet Home." I held the album upon my slippery lap while Carl turned the handle and the others stood listening raptly. Their mother, slattern and smiling, built on the same comfortable proportions as Nellie, paused in the doorway to enjoy the prestige of the family treasure.

Nellie's dear, funny, little untidy house! And the dear funniness of people who go without shoes that they may possess red plush albums with a music

(Continued on page 62)

Why Business Is Seeking La Salle Trained Men

BIG employers are fast learning the value of filling their organizations with specialists and executives trained under the La Salle Extension Method.

When Theodore Roosevelt wrote: "I look upon instruction by mail as one of the most wonderful and phenomenal developments of this age," he was confirming a conviction already expressed by many men of prominence, such as J. Ogden Armour; E. P. Ripley, President Santa Fe Ry.; Walter H. Cottingham, President Sherwin-Williams Co.; F. H. Sieberling, President Goodyear Tire and Rubber Co.; Geo. M. Reynolds, President Continental and Commercial National Bank; Alexander H. Revell, and numerous other large employers who are endorsing the La Salle plan of business training. Their opinions properly carry weight as the expressions of men who are among the Deans of American Business, and who are filling their organizations with the best brains and ability obtainable.

The La Salle Problem Method

To the La Salle problem method of business training, perhaps, more than to any other of the distinctive features of the plan worked

out by La Salle's Educational Staff, is due the quickness with which La Salle members learn to grasp business fundamentals, and acquire the ability to assume, without long years of "inside" experience, duties of executive and administrative importance.

By the Problem Method the individual is taken behind the scenes of big business, so to speak, and is given the opportunity to work independently in the exercise of his judgement and the application of his knowledge to the handling of important matters. Every move of the student is carefully

supervised and checked under the watchful eyes of experts—in effect, the student is working at the very side of the big executive in the private office—guided step by step in the handling of problems or cases just as they arise in daily experience and are handled by the executive himself.

It is quite probable that when Mr. Roosevelt marveled at the "wonderful phenomenal" developments in training men by the extension method he had well in mind the unusual resultfulness of this unique manner of combining fundamental principles with Practice under the Case or Problem method evolved by La Salle Extension University.



The La Salle Problem Method of business training is like being privileged to sit in a council of modern executives, and taking an active part in the right solution of their daily problems.

It is a modern development in the field of higher business education, made possible because of La Salle's thoroughgoing policy of sparing no expense in securing problem specialists who have been conspicuously successful in business practice as well as thoroughly experienced in classroom methods of teaching. It is well within the bounds of fact to say that in the preparation and development of basic material and service, a quarter of a million dollars has been expended by the University in perfecting a single course of training.

La Salle Extension University

"The Largest Business Training Institution in the World"

Business is moving ahead with marvelous rapidity. Never before in history has industry in all branches faced such vast opportunities. Experts agree that the only limit to phenomenal development is the ability to secure an adequate supply of trained men. To put it in the words of Chas. M. Schwab: "The Captains of Industry of America are not hunting money; they are seeking brains—specialized brains."

It is no mere figure of speech to say that there is a "crying demand" for trained men in business. Literally the heads of big business institutions are today "crying" from the house-tops for business specialists capable of independent thinking, planning and the exercise of sound judgment in the conduct of important departments.

La Salle Trains for These Positions

Salaries from \$3,000 to \$10,000 a year and more are readily bid for proficient Business Managers, Expert Accountants, Auditors, Comptrollers, Financial Managers, Cost Accountants, Credit Men, Banking Experts, Law-Trained Men, Traffic Directors, Sales and Advertising Managers, Interstate Commerce Experts, Efficiency and Production Managers, Business Correspondents and Office Managers. The rewards today are sure, swift and exceedingly liberal for the man—or woman—who shows ability to rise above the level of routine work.

The person who would be sure of his advancement, today, *must* have training, for as Theo. N. Vail sharply warns the job hunter: "Too much is involved in big business to have its affairs retarded because of friendship. It has been discovered that one cannot run a business under the present high

pressure by favoritism or nepotism. I don't mean that men with friends are not given chances, but I say that they have to make good or get out."

More Than 200,000 Enrolled

More than two hundred thousand men and women from all walks of adult life have been helped thru La Salle training. It was this fact that prompted Ex-President Taft to say of La Salle: "You in this school are facilitating that which we cherish as the great boon of Democracy—that is, equality of opportunity." And it is true that La Salle training does give every man that chance. It enrolls the young man just beginning his career; it gives the man already started a new impetus; and it also has as members old, seasoned executives who realize that they, too, can learn and profit from La Salle's large staff of business and educational experts.

Great Corporations everywhere are profiting thru the employment of men trained under the La Salle problem method. The

Pennsylvania R.R. has 2,102; the American Telegraph and Telephone Co. has 811; U. S. Steel Corporation has 309; Armour and Co. has 364; Standard Oil Co. has 390; and from 50 to 500 each with scores of other great organizations.

Write for Information Today

An enthusiastic La Salle member wrote us recently: "Buying a stamp or post card and sending for La Salle literature seems simple and commonplace, but it proved in my case, to be the wisest and most profitable thing I ever did. It is hard for me to realize that in less than a year's time I have had four big jumps in my earning power as a result of La Salle's help."

La Salle training is not expensive. Our deferred payment plan places the investment within the means of anyone of modest income. Check in the coupon the kind of special training which interests you most, and we shall be glad to send you literature and complete information without obligation to you.

LA SALLE EXTENSION UNIVERSITY, Dept. 5308-R Chicago, Illinois

"The Largest Business Training Institution in the World"

- ☐ **HIGHER ACCOUNTANCY:** Training for positions as Auditors, Comptrollers, Certified Public Accountants, Cost Accountants, etc.
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Name..... Present Position..... Address.....

The Soul's Crucible

(Continued from page 60)

box in the cover! I wonder if The Ladies' Aid Society would not be less impatient with such improvidence if it knew that they only obeyed the artist urge within them, an urge for beauty that is not to be scoffed at for culminating in a red plush album. It is the urge itself that matters, driving the artist to his palette, and the poet to take up his pen; and he gladly will sacrifice his shoes to it, too.

As we turned homeward Carl, at heart an artist, was voluble in his praise of the musical album. "I'd rather have one than anything I know of, Nellie. I'd rather have it than a—pony." He looked at me for affirmation.

All at once I knew what it was I would rather have than anything, *anything*.

"I'd rather have a baby," I declared, "I'd like one just like Jawn. Where did she get him, Nellie?"

"God," replied Nellie promptly.

"That's what they *all* say," returned Carl irritably, for he was rather tired. "That's what my mother always says. First she says a doctor brought me, and then when I say where did *he* get me she says, 'From God.' So I don't think any of you know."

"It's true, just the same," said Nellie.

"Well, then, I guess Agnes's father is a doctor. If it's true, he'll get her a baby if she wants one. Me, too. He'll get us anything we want." Carl put his hands in his pockets and swaggered ahead.

"If you two ain't the killingest," was Nellie's reply to this.

When that evening we put our request to father, he started to laugh, but stopped abruptly, and looked suddenly serious. Although he had taken up his coat, in readiness to go out on his evening calls, he laid it down again, and, seating himself in the armchair, lifted each of us to a perch upon his knee.

"Will you get me one, Father," I asked him earnestly, "and one for Carl?"

"But if there shouldn't be enough to go round," Carl added, "one between us will do."

Father gazed at us perplexedly. Finally without answering our question directly he told us that babies were very difficult to care for and for that reason were never intrusted to little girls, and that we must try to be very patient with him because, not being prepared for our request, he was too stupid to find just now the words to explain why he couldn't get us a baby at present. Perhaps he could make us understand more clearly, he said, after he had thought about the matter a while. And he begged me, in the meantime, to be satisfied with my dolls, and promised that on his next trip to the city he would look for one as

nearly like a real baby as one could be. Wouldn't that be nice?

"Yes," I acquiesced gravely. I didn't think it would be nice at all, and I felt that he was keeping something from me. But, noting the perplexity in his eyes, I was sure the subject troubled him, and I slid down from his knee with a warning look at Carl to say no more. Father departed with a final repetition of his avowal to obtain the biggest doll for me that he could find.

I felt a lump rising in my throat in realizing the unseeingness that even fathers could show at times. That he should think one of those simpering sawdust creatures a comforting substitute for the little alive thing I had seen in Nellie's sister's arms! I had poked it gently with my finger, and knew how soft and warm it would have been to hold—unlike those inevitable dolls that when I chanced to clasp with momentary fervor had felt hard against my heart. . .

"Don't you care, Aggie," Carl whispered. "We forgot about Grandmother. I'll go ask her."

He had not been particularly desirous of possessing the baby until he found it would be denied him; but now, if possible he was even more eager than I.

Grandmother laughed, too, but we were prepared for that.

"Of course it really don't make a bit of difference to *us* where people get 'em," Carl informed her with admirable nonchalance. "We just thought we'd like to know, that's all."

"I have heard," mused Grandmother as if to herself, "that babies grow in cabbages. Of course, one often comes upon them in all sorts of unexpected corners; but a cabbage patch is the likeliest place."

Carl nudged me with his elbow. "There's cabbages growing in a field at the foot of the hill," he replied carelessly. "But there's nothing in them. We saw them today, and there was nothing in them—only cabbages."

Grandmother inferred with equal unconcern that doubtless he had never beheld a cabbage patch by the light of the moon.

I can close my eyes and bring him back again—the little boy, Carl, as he stood that night beside my bed and shook me into wakefulness. He had buttoned up his top coat, crookedly, over his pajamas, and I stared at him and would have giggled outright had he not clasped his hand upon my month, and with the other pointed to the window. And the moon, lighting every crevice of my room, was brighter, I am certain, than I have ever seen it since!

"Hurry!" he whispered excitedly. "Look at the moon, Agnes. If you want your baby, now's our chance. They're

all asleep: I've been waitin' and waitin'."

I slipped into my coat which he thought to bring up from the hall and taking his hand, groped my way cautiously after him down the narrow back stairs that creaked in the moonlight. In the silence of night. As we passed Nellie's room we heard the gasp and squeak of the springs as she turned herself in bed, and paused aghast as we were convinced by her very audible breathing that she still slept undisturbed. Unhesitatingly I assisted Carl in sliding back the clattering bolt, and stepped with him out into a night more chilly than it seemed from the cozy corners of our rooms, for it was touched with frosty prescience of fall. Our breath chattered partly from cold and partly from the excitement of our journey. We hurried on down the hill without stopping, however, taking great care to keep out in the clear of the moonlight, avoiding the black shadows of the trees almost without speaking, too, except for an occasional "ouch" when the stubble hurt our bare feet. Once I exclaimed that we had forgotten to include a wrapper for the baby in case it should have clothes, but Carl gallantly assured me it should have his coat.

At last we arrived at the cabbage patch. It was only a small one, and we searched it thoroughly, bending our heads fully over every cabbage and feeling each, that there might be no mistake. And finally we turned away and went slowly back to the house. We were just as cautious as before, remembering to fasten the bolt of the door behind us and tiptoed again as silently up the stairs.

You see, we had found nothing but a common cabbage patch after all.

The hem of my nightgown was damp from the dew upon the weeds, and I crept miserably and shivering into bed. It does not seem strange to me even now that I cried a little about the baby that Carl and I could not find. And the tears are not actually far from the surface as I smile in remembering it was all so very ridiculous—and so

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Name.....

Address.....

City..... State.....

What About Food Combinations?

(Continued from page 26)

people. They are tolerated only because the American people are ignorant or indifferent.

The food faker who does so much to break up honest combinations essential to health and life by his secret commercial methods, practised behind closed doors, coolly informs the public that in the United States there must of necessity be two standards of living and that the preparation of "cheap food for the poor" demands the employment of coal-tar dyes, synthetic flavors, chemical preservatives, binders, fillers, extenders, and so on, ad tombstonum.

In defending his position, the food faker and the commercial scientists on his payroll assert that the increase in the cost of living results from the fundamentally unsound attitude of certain zealous advocates of the pure food movement.

He confides to his hearers the illuminating secret that it is foolish to emphasize the importance of perfectly good eggs for the reason that the time is coming when only the rich will be able to afford the luxury of an absolutely fresh egg. He even refers to a certain celebrated case in which the federal government was defeated in an attempt to put an end to the consumption of "rots and spots" by commercial bakers in the production of "store" pound cake.

"We must have imitation foods and foods that will please the eye of the populace," say these enemies of society. Hence we get commercial jelly made of apple juice, extracted from apple waste, skins, cores and "chops," compounded with glucose, which is merely hydrolized starch, a little phosphoric acid to give tartness and jellying quality to the mess and sufficient coal-tar amaranth to suggest a fruit color. Embalmed with benzoate of soda, this mixture is sold throughout the United States by the trainload as a substitute for the simple, old-fashion, home-made sweet that our mothers used to put up in the summer, and we are asked to accept it on the ground that physiologically it is one and the same thing, and its cheap price enables the "poor" to obtain what they would otherwise have to go without.

The lemon pie with which every cheap bakeshop abounds contains a filler of glucose, cottonseed oil, potato starch, tartaric acid, benzoate of soda and coal-tar yellow sufficient to suggest the presence of eggs. The beautiful froth with which it is covered consists of aerated glucose and glue, sometimes, when decent enough, known as "gelatin."

One would think after the sugar is added to this foamy creation that it really contained the beaten whites of eggs.

Down through the line we go, skipping over the mysteries of cheap catsup, cheap chili sauce and condiments, artificial flavoring extracts composed of ethers, esters and aldehydes, pickles loaded with alum, breadstuffs, mineralized with the cheapest of cheap baking powders and robbed of the nutritional elements without which bread of any kind, however chalky in its refined appearance, becomes a sham and a snare.

These cheap foods, including the patented breakfast varieties, debased to a degree of impoverishment in which chickens, white mice, guinea pigs, rabbits and monkeys cannot survive upon them beyond forty days, accompanied by a hundred depraved variations in the form of crullers, doughnuts, wafers, cookies, buns, rolls, rings, twists and cakes of every description, are necessary to the life of the "poor," and any effort to put them under the ban means a clash with economic law and an increase in the high cost of living.

It would be just as logical to ascribe excessive rainfalls or droughts, or the occasional freezing of Niagara Falls, or the speed of Halley's comet, or the prevalence of heart disease among adults and tuberculous glands and defective teeth among children to the now dead and gone Bull Moose movement as to ascribe the increased cost of living to the pure food movement.

It's high time to know that the "balanced ration" means just enough of the right kind of food and not a particle of the wrong kind. A "balanced ration" is within the reach of everybody and can be selected from the most ordinary source of food supply without the absurd refinements with which it is now on every hand confused and burdened.

Our best guide is to follow our own natural cravings, provided they are indeed natural and have not been disordered by artificial indulgence in foods of a kind that actually dull normal instincts and by artificial stimulation that induce them to hunger for novelties.

Hunger is the evidence that we need to repair broken down cells or to recharge exhausted cells or to provide the body with a new supply of fuel that has been burned up. Hunger and appetite should be synonymous. But appetite only too frequently has come to mean hunger misdirected, or hunger without direction of any kind.

The American people have flirted for several generations with all sorts of abnormal food combinations. But this is no reason for condemning their children to an inheritance of the artificial cravings thus set up. We've simply got to abandon our wasteful habits, our unnatural propensities and the silly superstition that we must have a wide variety topped off with a crazy concoction in order to enjoy a meal. God did not give us these crazy concoctions. He did give us sufficient intelligence to keep away from them.

There are only so many sparks in a battery. With the flash of the last spark its life is gone. A cannon will stand only so many rounds, and the arm of the baseball pitcher, as is evidenced every year by the passing of celebrated stars, must fling its last strike.

Man can get rid of only so much excess baggage and no more. If he lives his allotment of three score and ten he eats the number of meals that should be spread over seventy years. If his hunger has been properly directed he will then find himself well. But if, during forty years, he attempts, by overloading, to force his processes of assimilation and elimination to absorb the allotment of seventy years, he will be broken down when he should be at his best.

He who would be normal according to the laws of life must behave in harmony with those laws. Auto-intoxication and the saturation of the tissues with poisons due to eating too much of the wrong kind of food, or not enough of the right kind of food, or too much of any kind of food, is the price paid by men and women who ignore the spiritual as well as the physical significance of a "balanced diet."

Insidious maladies and degenerative processes are set up in the body only because it is abused; only because it fires its limited number of shots too fast, or employs explosives of too high power. Heart disease is the commonest of modern symptoms. In many instances it is due to what is now called the "offending protein"—too much meat, too much cheese, too many eggs, too much indulgence in ham, roasts, chops, steaks.

Neurasthenia is another deadly symptom of modern times. It is set up through a deficiency of those indispensable ingredients of adequate food, the salts, colloids and other organic compounds now sifted and boiled out of our refined breadstuffs.

Scurvy, pellagra, beri-beri, nervous breakdowns are now traceable to food

(Continued on page 66)

WHAT I THINK OF PELMANISM -

By Judge
Ben B. Lindsey

PELMANISM is a big, vital, significant contribution to the mental life of America. I have the deep conviction that it is going to strike at the very roots of individual failure, for I see in it a new power, a great driving force.

I first heard of Pelmanism while in England on war work. Sooner or later almost every conversation touched on it, for the movement seemed to have the sweep of a religious conviction. Men and women of every class and circumstance were acclaiming it as a new departure in mental training that gave promise of ending that preventable inefficiency which acts as a brake on human progress. Even in France I did not escape the word, for thousands of officers and men were *Pelmanizing* in order to fit themselves for return to civil life.

When I learned that Pelmanism had been brought to America by Americans for Americans, I was among the first to enroll. My reasons were two: first, because I have always felt that every mind needed regular, systematic and scientific exercise, and secondly, because I wanted to find out if Pelmanism was the thing that I could recommend to the hundreds who continually ask my advice in relation to their lives, problems and ambitions.

Failure is a sad word in any language, but it is peculiarly tragic here in America where institutions and resources join to put success within the reach of every individual. In the twenty years that I have sat on the bench of the Juvenile Court of Denver, almost every variety of human failure has passed before me in melancholy procession. By failure I do not mean the merely criminal mistakes of the individual, but the faults of training that keep a life from full development and complete expression.

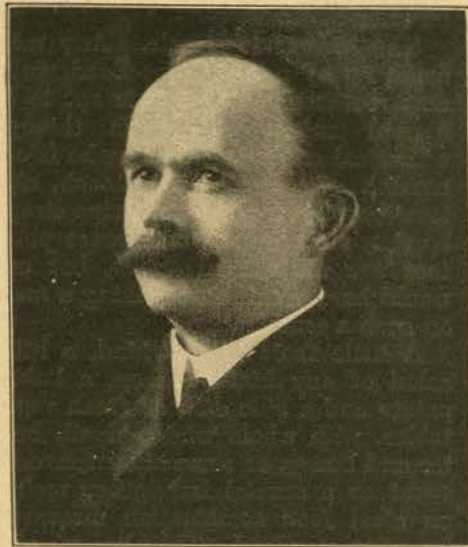
Pelmanism Comes as an Answer

If I were asked to set down the principal cause of the average failure, I would have to put the blame at the door of our educational system. It is there that trouble begins—trouble that only the gifted and most fortunate are strong enough to overcome in later life.

Either think back on your own experience or else look into a schoolroom in your own town. Routine the ideal, with pupils drilled to do the same thing at the same time in the same way. There is no room for originality or initiative because these qualities would throw the machinery out of gear. Individuality is discouraged and imagination frowned upon for the same reason. No steadfast attempt to appeal to interest or to arouse and develop latent powers, but only the mechanical process of drilling a certain traditional ritual on each little head.

What wonder that our boys and girls come forth into the world with something less than firm purpose, full confidence and leaping courage? What wonder that mind wandering and wool gathering are common, and that so many individuals are shackled by indecisions, doubts and fears? Instead of walking forward to enthusiasm and certainty, they blunder along like people lost in a fog.

It is to these needs and these lacks that Pelmanism comes as an answer. The "twelve little gray books" are a remarkable



JUDGE BEN B. LINDSEY

Judge Ben B. Lindsey is known throughout the whole modern world for his work in the Juvenile Court of Denver. Years ago his vision and courage lifted children out of the cruelties and stupidities of the criminal law, and forced society to recognize its duties and responsibilities in connection with "the citizens of tomorrow." His laws and his court-procedure have been made the model for Acts of Parliament in Great Britain. He is as much an authority in France and Germany and Austria and Italy.

achievement. Not only do they contain the discoveries that science knows about the mind and its workings, but the treatment is so simple that the truths may be grasped by anyone of average education.

In plain words, what Pelmanism has done is to take psychology out of the college and put it into harness for the day's work. It lifts great, helpful truths out of the back water and plants them in the living stream.

As a matter of fact, Pelmanism ought to be the beginning of education instead of a remedy for its faults. First of all, it teaches the science of self-realization; it makes the student *discover* himself; it acquaints him with his sleeping powers and shows him how to develop them. The method is *exercise*, not of the haphazard sort, but a steady, increasing kind that brings each hidden power to full strength without strain or break.

Pelmanism Pays Large Returns

The human mind is *not* an automatic device. It will *not* "take care of itself." Will power, originality, decision, resourcefulness, imagination, initiative, courage—these things are not gifts but results. Every one of these qualities can be developed by effort just as muscles can be developed by exercise. I do not mean by this that the individual can add to the brains that God gave him, but he can learn to make use of the brains that he has instead of letting them fall into flabbiness through disuse.

Other methods and systems that I have examined, while realizing the value of mental exercise, have made the mistake of limiting their efforts to the development of some single sense. What Pelmanism does is to consider the mind as a whole and treat

it as a whole. It goes in for mental team play, training the mind as a unity.

Its big value, however, is the instructional note. Each lesson is accompanied by a work sheet that is really a progress sheet. The student goes forward under a teacher in the sense that he is followed through from first to last, helped, guided and encouraged at every turn by conscientious experts.

This point, that is its strength to me, may prove to be the weakness of the course. Americans want everything at once. They love to think that they can find something to take at night that will make them "100 per cent. efficient" by morning. Pelmanism is no miracle. It calls for application. But I know of nothing that pays larger returns on an investment of one's spare time from day to day.

So I say that Pelmanism is one of the great discoveries of the day. Properly followed, the course guarantees the acquisition of the best of all wealth—the functioning to full capacity of that marvelous machine we call "the mind."

(Signed) BEN B. LINDSEY.

Note: As Judge Lindsey has pointed out, Pelmanism is neither an experiment nor a theory. It has stood the test of twenty years. Its students are in every country in the world. Its benefits are attested by 500,000 men and women in all walks and conditions of life.

The course takes no account of class, creed or circumstance. Its values are for all. Business men, from the great captains of commerce to their clerks, are ardent Pelmanists.

Professional men—lawyers, doctors, clergymen, teachers, artists, authors—have come to the knowledge that Pelmanism will help them to surmount difficulties and achieve a greater degree of success in their vocations. Women—both in the home and in business—find Pelmanism an answer to their problems.

Pelmanism is taught entirely by correspondence. There are twelve lessons—twelve "Little Grey Books." The course can be completed in three to twelve months, depending entirely upon the amount of time devoted to study. Half an hour daily will enable the student to finish in three months.

A special system keeps the examiners in close personal touch with the students right through the course, and insures that individual attention which is so essential to the success of a study of this character.

How to Become a Pelmanist

"Mind and Memory" is the name of the booklet which describes Pelmanism down to the last detail. It is fascinating in itself with its wealth of original thought and incisive observation. It has benefits of its own that will make the reader keep it.

In its pages will be found the comment and experience of men and women of every trade, profession and calling, telling how Pelmanism works—the observations of scientists with respect to such vital questions as age, sex and circumstance in their bearing on success—stories from "the life" and brilliant little essays on personality, opportunity, etc.—all drawn from facts. So great has been the demand that "Mind and Memory" has already gone into a third edition of 100,000.

Your copy is ready for you. Immediately upon receipt of your request it will be mailed to you absolutely free of charge and free of any obligation. Send for "Mind and Memory" now. Don't "put off." Fill in coupon at once and mail, or call personally at our convenient location—Fifth Avenue at Forty-Second. Pelmanism has no secrets.

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Name

Address

(All correspondence strictly confidential.)
Phy. C., May.

(Continued from page 64)

refinement and are characterized as "food deficiency diseases," in which wicked germs play no part. The salting and brining of meats and their preservation with nitrates and the impairment or destruction of the vitamin content of foodstuffs by the excessive use of alkalies, soda, salaratus, etc., add their burden to the overload which the American foolishly attempts to carry beyond his strength.

The more highly civilized the people the less exercise are they prone to take, and for all such the simplest of dietary rules should be followed in combining their foodstuffs. They can't get along without whole grain breadstuffs and breakfast foods, fresh vegetables and fresh fruits.

If the people would have it so, they would have no need to complain that such foods are hard to get. It's our own fault that they are hard to get; we haven't demanded them; we haven't even recognized their importance. There is nothing quite so absurd as the hodge-podge with which learned dietitians deluge their display of erudition in speaking of a "balanced diet" and "proper food combinations." One might live on milk alone, but it isn't a combination, except insofar as Mother Nature has combined in her own extraordinary way all the essentials of life, except iron.

Milk alone will suffice in any extremity and on a milk diet many physical disorders can be cleared up in a very short time. No one urges his fellow to live exclusively on milk, or even to use milk every day. On the contrary, he who drinks milk as a be-

verage on top of a full meal injures himself by overtaxing his powers of elimination. Milk in itself is a meal and to combine it with another meal means gluttony, whether the sin is recognized or not.

What, then, is a normal food combination?

The answer is simple. Any meal made up of natural, unrefined, fully matured foods in season is apt to be normal unless one seeks through whimsical contrariness to make it abnormal. Orange juice, spinach, ripe tomatoes, sliced pineapple, ripe strawberries, ripe grapes, and sweet potatoes are all normal foods, but one would hardly think of making a meal on such a combination.

A little fruit of any kind, a little salad of any kind, a chop, a baked potato and a side dish of fresh vegetables, with whole wheat bread, butter and honey, or some other innocent sweet as a special indulgence makes an ideal food combination measured by every standard. The chop may be omitted and wholesome fish substituted. Instead, baked beans might be used, or a generous glass of milk.

The variations that can be elaborated on this simple base are without number. Eggs served in a dozen different styles may take the place of the meat. Meat, eggs, cheese, beans are protein foods. They are of far less importance than the American people have been taught to believe them to be. By overestimating their importance many of us have thought it necessary to eat meat three times a day, when even once a day may be

too often for most of us. Bacon, eggs, liver and bacon or ham in morning, roast beef at noon, steak chops at night, no matter what other foods served with them consist of, run counter to the needs of the body and load it up with offending proteins.

It is absurd to assume that the consumption of an abundance of vegetables will offset the overload of protein. It will simply add to the overload.

Change your white bread to whole meal bread. Cut down your meat, eat plenty and you will not be in danger of consuming too many fruits or vegetables. In fact, under such a regime with the judicious use of eggs, milk and a half decent effort to avoid gluttony, many diseases with which humanity is now plagued would disappear and at the age of seventy would be in full possession of all faculties, even though they would be as keen or sharp as they ought to be at fifty.

If I have any contribution to make to the philosophy of life, it is this:—Don't become overanxious with respect to the so-called mystery of "proper combinations." Forget about calories. Get down to the practical. See that your bread is healthy. Read the labels on prepared foods. Follow your appetite. Use your legs. Walk more. Don't look for trouble. Meet it when it comes, and laugh you can. But first and foremost, that the staff of life on which the lean is not broken.

How I Cured "Nerves"

(Continued from page 27)

And right here I can hear the mental "piffle" of our unregenerate friend, and catch the jarring echo of his raucous; "How do you get that way?"

A young girl of my acquaintance—she wasn't over eighteen at the time—came down with a nervous smash and promptly developed "heart" trouble. She contracted the habit of feeling her pulse—you can see it in many nervous cases—and it finally became necessary to take her to one of the biggest heart specialists in the country; before she would be convinced that it was only her nerves, that she wasn't going to drop dead the next minute, and that a certain amount of regular exercise—preferably outdoors—was the best thing that could happen to her.

Another instance was that of a man who became so obsessed with the "heart" idea, that he used to go 'round with a bottle of spirits of ammonia in his pocket. Ridicule at length cured him.

But the champion case of them all, was a man who went to Lake Placid to get rid of his "nerves," crawled into bed one night, and stayed there for six years.

He simply quit cold.

He'd completely lost the will to fight—which is half the battle in any nervous case—and if he isn't dead by now, he ought to be. He'd be better off.

And from my own experience, let me warn the "nervous" case to stay at sea level, or very close to it.

Oh I'm well aware that many doctors will disagree with me on this point. But I believe, and I'm not alone in my belief, that anything above fifteen hundred feet is too stimulating. I can only add that four months of outdoor life at two thousand feet above sea level, in the bracing winter climate of the Adirondacks, did infinitely less for me than the same number of weeks, at considerably less than half that altitude, in a climate

that ranged between seventy and a

And now for the vicious circle.

It's all that its name implies, then some. For the tortures—then some other way of expressing it—of weakness and acute indigestion that follow the wake of a nervous breakdown, absolutely indescribable to anyone who has not actually experienced them.

Under their gentle attentions, I have seen a victim lose twenty-seven pounds in two weeks time; and arrive at a stage where he was living—or existing—principally on arrowroot.

"Diet," says someone, and the sufferer glares balefully, and says, "On what?"

And it is pretty much of a proper proportion when a glass of plain water, the stuff they use to put out fires and trout streams, burns like raw fire. In fact the poor victim after listening to the advice of his friends, very often

(Continued on page 68)



How to Make Your Voice

Success - Compelling, Friend - Winning

Does Your Voice Attract or Repulse People? Read Here
How You Can Have a Perfect Voice—of Magnetic Force
That Will Draw Friends and Success to Your Side.

THINK for a moment what a big part the tone of your voice plays in your life! How many times after hearing a person's voice have you remarked, "Oh, I don't trust him," or "How tiresome she is," or "What a nerve-racking experience it is to hear his voice." And so it is with you.

People are either attracted or repulsed by your voice. If

you are a man—it means a great deal to your future business and social success if people can say of you, "I like that man's voice, so strong, deep, and mellow that it just rings sincerity." If you are a woman—it means much to you if people can say, "What a sweet, cultured voice she has—it's a real pleasure to listen to her." Every man or



The Saw-tooth Voice

Sharp, rasping, grating as a slate pencil. Gets "on people's nerves," loses friends, breeds distrust, makes a poor impression in business—antagonizes, annoys and repulses anyone within ear reach.

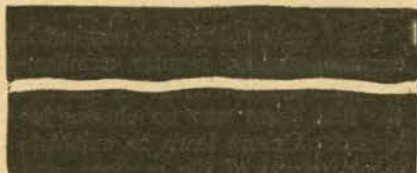
Speaking Make your voice ring with conviction and sincerity. Make it a voice that will thrill all who hear it and impress upon them that HERE is a person of culture, refinement, sincerity, character.

Singing Make your singing voice smooth, steady, full and strong—the kind of voice you have always longed for. Your voice can easily be made perfect, the best singing voice among all your friends.

Defective No one need suffer any longer from the disadvantages of a defective voice. Stuttering, stammering, or lisping can be overcome for good and all. A defective voice is a business and social obstacle. Break down that obstacle—you can have a perfect voice.

Make Your Voice Perfect

A perfect voice can now be yours. Eugene Feuchtinger, A. M., the famous voice culturist, has proven that any voice can be made perfect. No matter if your voice



The Droning-Voice

Tiresome, sing-song, monotonous as the hum of a dynamo. Bore people, doesn't get its message across, takes the color and life out of every word and sentence uttered—disgusts, wearies and repels; loses its listener's interest before it has even gained it.

is weak or wavering, harsh and grating, droning, nasal, stammering, stuttering, or lisping—Eugene Feuchtinger's amazing new system will make it perfect.

A few minutes each day in silent practice soon gives you the perfect singing voice or speaking voice that will open the door to numberless social or business opportunities. Within an amazingly short time you will notice the difference in your voice—it will be reaching that beautiful tone and richness of volume which you have so often admired in others.

Wonderful New Method

A poor voice is a tremendous handicap in business, professional and social life. Wherever you go the impression you make on others depends upon your voice. If your voice is weak, indistinct, shrill, harsh or hollow, you cannot be judged at your best—you cannot realize your full measure of success and popularity. Whether you use your voice for singing or public speaking, or whether you use it only in the everyday course of your business and social life, you cannot afford the constant handicap of a voice of inferior quality and power. Yet not one person in a hundred knows how to use the voice properly! Nearly everyone has one or more serious faults in his or her voice. The trouble is that scarcely anyone knows how to control the vocal organs which

produce the voice. Unless you know the fundamental principles of this control, no amount of practice or exercises of the ordinary kind will make your voice perfect.

But now the secret of a perfect voice can be yours. A wonderful new method enables anyone to quickly develop a voice of surpassing beauty. In an amazingly short time you can have a wider range of tone, more volume, more resonance. A rich, vibrant voice that everyone will admire can now be yours through the wonderful scientific discovery of Eugene Feuchtinger, the famous voice culturist. His remarkable exclusive method has received endorsement of European operatic singers, of eminent public speakers, of men and women in every walk of life.

Send For Free Booklet

Make your voice a success-magnate, a friend-winner. Don't let it misrepresent you, antagonize people against you, thwart your ambitions. If you want a good singing voice, clear, true and vibrant—if you want a good speaking voice, strong,

The Defective Voice

Its disadvantages are known to all. No longer need anyone endure these disadvantages—stammering, stuttering, lisping can now quickly be overcome. Each defective voice can be made a perfect voice.

vigorous, and confidence-inspiring—if your voice is in any way defective—let Eugene Feuchtinger show you the way to perfect voice. His methods are guaranteed. His interesting book explains fully about them and what they can mean to you.

Mail the coupon at once for this FREE book. Read how easily you can, in a few minutes at home each day, make your voice perfect—a wonderful voice that will draw people to you and impress them with your sincerity, culture, and winning personality. Send for this interesting illustrated Book now—fill out the coupon at once and mail it today.

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Send me your free illustrated book, "Voice Culture," and facts about the Feuchtinger Method. I have put (X) opposite subject which interests me most. I assume absolutely no obligation whatever.

☐ Singing ☐ Stammering
☐ Speaking ☐ Lisping

Name.....

Address.....

Age.....

(Continued from page 66)

out and in sheer desperation eats a hearty meal—and right here he makes a discovery.

For the time his indigestion vanishes, and he feels like a king—until it returns two-fold. The reason is, that his digestive tract has been starved for so long that it has become weakened; it hasn't had sufficient exercise, to be exact. Then the unwonted supply of food arrives, and it goes to work.

"But this will never do," says our old friend the vicious circle, and promptly backfires. For while at first the digestion affected the nerves, the nerves now affect the digestion. In fact, they pretty nearly stop it; and that night the "nervous" wreck gets about three hours of hag-ridden sleep.

But the chances are he wouldn't have been nearly so badly off, if on that day he had taken a *regular* amount of exercise; likewise the day before; and likewise the day before that.

In fact there is the case of a well-known New York lawyer, who cured himself completely, and knocked the vicious circle into a cocked hat, by putting in nine months with a road building gang, *daily doing a laborer's work*.

He wanted to get well, to correct that short circuit, and he did.

But it's not an easy job. You won't find the answer in any sanitarium—the surroundings generally take care of that—and it means a case of fight from start to finish.

And now, enter the first personal pronoun.

In the winter of nineteen hundred and sixteen I was discharged from the French army, suffering from that intangible thing known as shell shock.

The chubby little red-faced, white mustached *Medecin Divisionnaire*, who *visé* my papers, described "what ailed me," as "*nerveux serieux*"; and although he'd never heard the expression in all his born days, he'd "said a mouthful."

At the front I'd lost about fourteen pounds, and looked like nothing so much in the world as a good healthy scarecrow. I returned to New York; and the further I got away from the front, the worse I became.

Then for about a month I seemed to hold my own; and was beginning to think that maybe I'd slipped one over on my "*nerveux serieux*" friend after all.

But as it turned out, I shortly discovered that the old boy knew something more than the difference between his native wines at that.

To borrow a baseball expression, I went into a slump—in fact, you might call it a rapid decline; and began to feel more or less like the breaking up of an extremely hard winter.

Luckily I had sense enough to get out of New York—I could never have stood it anyhow—and settle down with some friends in the country.

And that's exactly what I did. I settled down, and down, and down; until I reached bed rock; and when that arrived I dug my way through and kept on settling.

I could neither eat, drink, sleep or be civil. Compared to my color, the damask table cloth was a blushing rose, while the family kitten could have given me cards and spades in a wrestling match.

If I ever succeeded in walking across the road, I staggered triumphantly back to the house and marked a red letter day on the calendar. I know my friends often wondered when I was going to pass on and stop cheating the local undertaker; but nevertheless they were polite about it; they only *looked* their sentiments.

And then came the spring, and with it I climbed up through the stratum of bed rock and even began to contemplate challenging the kitten. Moreover, I could walk half a mile without having to go to bed for a week afterwards.

And all this time my mind was running like a mill race. I couldn't stop it. I *wasn't physically strong enough*.

But I realized that my way out lay in exercise; steady, regular exercise—and complete mental relaxation, and without the first there was no chance for the second. I must learn to cultivate the mental speed of the cabbage, and the deep, abiding, strength of the ox.

And for a time I found my answer in golf. I played golf, talked golf, lived golf and dreamed golf; and so vastly did I improve that when the chance came to get into the Plattsburg camps, I rose to it like a trout to a fly—and passed my examinations with flying colors.

But old *nerveux serieux* was still on the trail.

At the end of a month, almost to a day, I went to the Post Hospital; and my chances at a commission went winging among the morning stars.

I believe every doctor in the place took a "shot" at me sooner or later—they even had the alienist in—and went away wisely shaking his head. I became exhibit A; and have my suspicions that after all else failed, they called in the "Vet." I'll bet they came to about forty different conclusions, all of which were wrong—that is, I judge they were, if their suggestions were in any way based on their diagnoses.

And then I went home and went to bed—and stayed there for five months. I stayed, for the good and sufficient reason that I couldn't get up. If I lifted an arm I was doing well, and at times the weight of the bed-clothes was about all that I could stand.

And once more came that terrible mental activity.

A friend sent for a trained nurse, who in turn sent for a specialist. He looked me over, murmured words of wisdom, departed, and sent his bill. And right there I discovered his specialty.

Whether the *se* didn't consider bill large enough or not, I have not been able to discover. At any rate, sent for another specialist.

He did more murmuring than first one. In fact I almost understood what he was talking about. He condescended to poke me in the once or twice. And so I didn't have least bit of trouble in guessing what bill was going to be. The first specialist must have been a rank amateur.

So thereafter I fought shy of specialists. And at last, after what seemed with the aid of my nurse and the *se* I went down stairs for Christmas dinner. I say went, but actually I was carried.

And let me say right here, that in an acute nervous case, the nurse can do much as she can in a pneumonia *if she is competent*.

And soon after that I took my first automobile ride. It was only about a mile and a half, but oh the agony!

But from that day on I began to change. I had changed my mental viewpoint.

From believing that I couldn't do anything, I determined that I would do everything; until I found something I actually couldn't do; and then by degrees I did it anyhow.

Milestones—for that's what all these little triumphs meant to me—these milestones on the way back. They were "never come back." But I came back; inch by inch, and foot by foot; advancing two feet, and slipping back a foot and a half.

And best of all my mental speed catching up with that cabbage again.

But it wasn't done suddenly—in it took the better part of two years; you can't do it *sitting at an office*. Get to the open. Work on a far necessary and relax mentally; absolutely. You must.

In my case it was not until I am at the point where I could again take golf, then graduate into tennis—the first I'd tried in five years—keep at it *regularly*, that I finally able to throw away my mental crutch; they're always the last to go—and unaided.

So if you come to me to-day and tell me that you have a broken arm, a misplaced eyebrow, or a fractured bone, I'll sympathize.

But if you happen to mention "*nerveux*" and suggest that they can't be cured, I shall be forced to refer you to the dictionary for sympathy.

For there *is* a cure, and it consists of just three things:

Complete mental relaxation; Regular physical exercise—or manual labor; and;

The desire to get well, coupled with the will to fight.

I know. I did it.

Health-Strength-Beauty Thru

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A recognized scientific effective means of handling your own case is afforded by the RENULIFE VIOLET RAY HIGH FREQUENCY GENERATOR. It is so designed and made that anyone can apply the wonderful corrective, upbuilding forces of the VIOLET RAY. This pleasant POWERFUL form of electricity has done and is doing wonders in relieving and eliminating pain and suffering. You owe it to yourself to investigate—find out the facts. Get our new booklet explaining the nature of the Violet Ray—its uses, benefits, and applications—send the coupon below at once.

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THIS TYPE of Violet Ray instrument makes possible a light, convenient handle and permits large efficient units to be used contained in handsome case.

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No Shock—No Harm—Simply Great Benefits

Current from your light socket is transformed into the most powerful, effective purifying Health and Beauty giving agency; yet, as painless and pleasant as a ray of sunshine. Made safe for use in any home, on infant or weakest invalid. Attacks the deep seated source of diseases, at the same time relieving the aches and pains which may be the annoying symptoms. Learn how this modern form of electricity—The Violet Ray—so acceptable to the human body actually saturates the whole system with invigorating life-laden forces, bringing back normal conditions. You may treat the local area but results are not confined to that part alone—the blood, nerves, tissues are revitalized, toned and restored.

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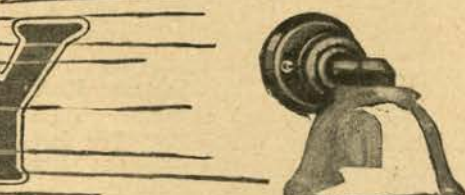
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Scalp as well as
Specialists



Strengthens—
Revitalizes—
Builds up



For
Catarrh,
Throat, Lungs
—also Anemia

Wisconsin's Red-Blooded Governor

(Continued from page 47)

under which I was reared and of the physical environments of my early life.

"I was born during the first year of our Civil War, in what was then an entirely wild and unsettled section of Sauk County, Wisconsin. My parents were Swiss, and had migrated to Wisconsin during the general westward movement in '49.

"As with most of those early settlers, they were poor, and settled in that section because the land was to be had for almost nothing. My father purchased eighty acres, using the trees felled in the clearing to build a log cabin which resembled a logger's shack rather than a place of residence.

"In 1867 father rented a small farm which had remained idle during the war, located about three miles from the village. He had accumulated a few hundred dollars and with that money he bought a pair of steers—neither one of which had ever had his neck inside of a yoke. He also bought a plow.

"Having been severely wounded in the battle of Chancellorville he was unable to follow the plow, so he set my older brother and myself to plowing. My brother, being seven years older, was assigned the duty of guiding the plow and I was drafted to lead the steers.

"That yoke of oxen certainly was an unruly team—especially during fly time. I was compelled to lead the off-ox with a rope. But we plowed the land and we raised a crop that summer and in the seasons following.

"And for the benefit of those who have never lived the life of the early settler, I will say that our work was never done. When there was nothing else to do there was always the business of digging out white oak stumps, a job that puts a crimp in a boy's back. I lived that life until I was seventeen, when I qualified as teacher in rural schools.

"The little log house in which my parents lived had only two rooms. My bed was in the garret and there was only one course of rough 'stock' boards between me and the outside world. The boards had been nailed on when the lumber was green; and as it dried, the joints opened up and I could watch the stars without going outdoors.

"I might continue indefinitely my experiences as a farmer boy. However, it does not occur to me as necessary to relate any more than is sufficient to provide a foundation for the pleasure and sports given us by the life we led.

"The country in which we lived was full of game, and the Wisconsin River, and the creeks tributary to it, were well stocked with fish. In the woods there were deer, the native game birds, rabbits and squirrels, now and then a fox, and,

in the creeks and marshes, ducks in great numbers every spring and fall.

"There still was a great flight of wild pigeons each spring and fall, particularly in the spring. In heavily massed clouds they darkened the sun, settling wherever there were oak trees. This provided a great opportunity for any boy with a gun who had any real sporting blood in his veins.

"I had no gun, but after I was twelve I was permitted to get one when I was able to earn the money to pay for it. One of our neighbors had a musket he had brought home from the war. I worked for him for two weeks for that gun; and from that time on, I was a real sport.

"It required a big charge of powder, and whenever I shot it, it would kick back wickedly, hit my mouth, and cause my lips and nose to bleed. My mother begged me many times not to shoot the gun again—she feared that I might be disfigured for life.

"I always promised that I would not, and I really meant it, but the pigeons would come along and settle down in the woods close by and I would go out once more; and come home with a bleeding nose again.

"Spearing fish was not then forbidden by law, and it was a sport which was carried on by those who knew how. It is not difficult to strike a fish that is standing still, but the real sport is to strike a fish which is making a run. A spearer must be quick, and able to throw his spear with accuracy; making allowance for the speed of the fish. In other words, you must 'lead' the fish; that is, aim to throw ahead of him.

"I still feel the thrill of a frightened shudder when I recall what happened one spear fishing night. It was in the middle of summer and very hot. During the day I went to the landing where we kept our boat, and pulled it out of the water onto the bank of the river so that it would dry. Also I put in the necessary small wood to feed the torch during the night.

"We started on our fishing excursion sometime after dark and, as usual, wore only overalls and a hickory shirt because it frequently was necessary to jump from the boat into the water when we speared an extra large fish and wanted to hold him. I sat on the stern seat and operated the paddle, and for some reason I put my feet upon the 'gunnels.'

"When we reached the place where we expected to start our fishing operations one of the boys lit the torch. I happened to look down and saw a water snake of the spotted variety that looked to be at least five feet long. It came out from the fire wood stored under my seat, slowly curling its way along toward the light.

I shouted and dropped into the water without further ado. My two partners saw the snake coming towards them, and it goes without saying they jumped too.

"When Mark Twain was a boy, he chanced one night to be in a deserted house and was frightened half out of his wits by some clattering, ghostly noise. In relating the experience he said: 'Of course, I wasn't scared, and I wasn't in any particular hurry to go away from there; but I took the lower half of the window sash and a part of the frame with me as I calmly made my exit through a second story window.' And if ours had been a house boat, we probably would have jumped through the side of the house in our getaway.

"The water was too deep to touch bottom so we had to swim, and the snake had its own way in that hurriedly deserted boat for a time. The boat promptly got caught in the brush at the first bend of the stream and we bravely walked to it and after much show of strategy we killed the snake.

"The country there in my early days also offered some excellent opportunities for trapping. There was an abundance of muskrats, some mink, skunks, and racoons.

"During the skunk season, I was in bad repute about home. I had an old suit of clothes which I used, and this I put on in the woods, when I went after my skunk traps. But poor Prince, my dog, had no change of clothing and whenever he showed up around the house, he was promptly and unceremoniously bounced.

"Late in the fall, when the first snow came, I usually had out from ten to a dozen traps for rabbits. I visited them morning and evening and sometimes had to walk a considerable distance to reach them all.

"I did this when attending the country school and I had to get out early in the morning in order to reach school on time. Many a morning I rolled out when the stars were still shining to look after my traps. Every Saturday I had a bag of game to carry to town. It paid for the school books and the material I needed, and bought a few luxuries.

"One of the sports which we looked forward to each year was the hunting of deer when the first snow fell. The country along the Wisconsin River is usually rough and the deer had their runways from the great swamps and marshes into the chain of hills that follow the river. We boys organized in squads of five or six. Two or three of us would do the driving and the rest of the party would go on 'stands' along the runways.

"Those who did the driving would pick

(Continued on page 72)

Why Is Chiropractic the Safest Method for the Patient

Chiropractic is safest because it is scientific. The properly trained Chiropractor knows exactly what he is doing and why he is doing it and cannot injure the patient. The correctness of the principle of Chiropractic safeguards the patient.

Again, there is nothing inherently dangerous in a Chiropractic adjustment. The news columns are full of accounts of death resulting from mistaking the label on a bottle, or taking an overdose of a dangerous drug. Chiropractors use no drugs and such mistakes could not occur. Many a man, through quite a pardonable error in diagnosis (no infallible diagnostician ever lived) has had the wrong organ removed by an operation. No Chiropractor ever removes an organ under any circumstances.

Stimulation of an over-stimulated organ is dangerous. The Chiropractor is safeguarded against this by the fact that an adjustment is always followed by the *normal* function of the nerves. Nature never makes a mistake.

Finally and most important of all, Chiropractic is safest for the patient whose disease is dangerous because it offers the surest chance of recovery. To select the wrong method and waste precious time in finding out the mistake has sometimes permitted disease to make such inroads on health that the case passes beyond hope of recovery before the necessary spinal adjustment has been made.

Since Chiropractic is the safe way, why not use "Safety First?"

Universal Chiropractors' Ass'n

Davenport, Iowa, U. S. A.

(Continued from page 70)

up the trail of a deer in the morning and follow it all day. I do not know how many miles one would travel in a day on that kind of a chase, but I know it was a long, long distance. The purpose of driving the deer was to bring him out to an open place where the one who was on the "stand" could get a shot at him and if the driver could not bring him out at the right place, the idea was to follow him until he got tired, and then try to get a shot when we "jumped" him.

"It is a hard task for a boy to tire a deer; but it can be done.

"During the summer months the boys of the neighborhood would meet in some open place in the woods on Sunday afternoons, and play ball.

"We were not without our social affairs. We had dances in the hop houses during the hop picking season. Also whenever a new barn was built, if it had a plank floor, they always called for a dance. There was not much formality, as in the country everybody knows everybody else.

"Measured by present standards, we were poor and yet there was no poverty. The soil yielded everything we needed. Our clothes were plain because they were cheap. The people, young and old, were pure in mind and heart, and I never discovered the spirit of envy among them—in fact, no one had anything he could well be envied for. One farmer may have had a few acres more land than another, but it wasn't worth much. He may have had more cattle than his neighbor, but that did not mean anything; because cattle were cheap then.

"In the fall we had corn husking bees. It wasn't so much to help the farmer husk his corn, as it was to bring the young people together for a frolic. The boys and girls would meet in the afternoon and husk corn for the balance of the day. Whenever a boy struck a red ear he had the privilege of kissing his partner—but he did not always succeed. In the evening the farmer's wife would give us a supper, usually chicken, because every farmer had plenty of them, and ginger cake made of sorghum molasses. Pretty much everyone had apple trees and the

meal was uniformly ended with apple pie.

"During the winter, the school house was the community center. Every Friday evening there was spelling school. To be able to spell every word in Swinton's Spelling Book was some achievement; and the boy or girl who could spell down the school was looked upon as having a promising future.

"The important event in country life was the annual coming of the circus. All things were laid aside on that day. The country boy began to save his money long in advance, so he would be sure to have enough to buy a ticket.

"There was always at least one elephant and a camel or two, a cage of lions and the lion tamer—generally a woman—the Royal Bengal tiger, a cage of monkeys, and a cage of birds.

"It was every boy's ambition to be able to do what these circus performers did. The farmers those days had some regard for their horses, and, in my own neighborhood, none of them would permit us to ride a work horse on Sunday, which I think was altogether fair to the animal that had worked during the week. However, we boys had a ring out in the woods where no one could see us and we would pick out a horse that had a broad back, and surreptitiously lead it to the scene. Now and then we would try some of the hardy stunts we had witnessed at the traveling circus. Sometimes we would get a good, hard tumble, but that merely added to the amusement.

"I have given these details in order to depict the life story of a country boy as it existed among the early settlers. Without this concrete vision of the real inwardness of a boy's early life one cannot so readily understand the matured man's rugged constitution. And, too, many of the things I have spoken of, which at first seem not to have any direct bearing upon physical education, are really at the foundation of it. Further than that these things have an intimate relation to the development of moral principles, of character building, and this certainly most definitely affects the standards of health.

"Nor did we boys indulge in such habit-forming things as cigarettes and coffee, which may not be so very harmful to the matured man, but undoubtedly stunt and injure the growing boy, mentally and physically.

"I did not drink coffee when I was a boy and I think what I say of myself is true of the other boys I knew. In fact, I did not drink coffee until I was thirty years old. When I was a small boy it was not a matter of choice. During the days following the Civil War all those things were luxuries.

"It sometimes seemed to me that my boyhood life was hard. I wished for many things I did not have. Above all, I longed for better educational opportunities. As it was, I had to rely largely upon my own efforts.

"I want to say this, however, for the kind of a life that I lived. It gave me good health. It gave me a wonderful constitution; and those two things have stood me in stead ever since. I do not believe that any young man ever started out who was physically stronger than I, when I reached my majority.

"I am raising a son to whom I have been able to give all that is good for a young man according to modern ideas. But I have said to him many times that I really am sorry for him. He is a good boy and he is what I have made him, but he has still his first lesson to learn in the responsibilities of life.

"In conclusion I cannot avoid the obvious deduction that the young man who is reared close to Nature, with a bit of poverty now and then to teach him the value of thrift and industry, and who has not been pampered and coddled, has laid the foundation that he needs to make of himself all there is in him.

"A strong body is necessary to carry large responsibilities. Some kind of physical exercise is necessary to keep the body healthy. Although I have no special system to recommend, I believe we derive our greatest benefit from doing something that has some purpose in it—and that occupies the mind as well which is probably why I stick to the old recreations of fishing and hunting."

"I Can Do More Work and Do It Better"

(Continued from page 39)

principally to wear out tooth brushes—not to chew food. So I got busy along that line. Now when the day is done, said grinders can with a clear conscience report one more day's grinding faithfully done. I learned to chew.

I also learned to choose. Some foods are indigestible to some people, and some so-called foods and combinations of foods would upset a freight train. Digestion is a chemical process and should be

handled accordingly. Suppose, for instance, a chemist started mixing together all the chemicals in his laboratory. The resulting explosion would furnish one more sensational story for the newspaper and some grief for the relatives of the late lamented experimenter. I soon realized what I should have known before; that some foods did not agree with me at all. I therefore cut them off the list. I also found out some things

about acid-forming foods. The result is that my daily bill of fare contains enough raw fruit and vegetables to counteract acidity. Needless to say there are now few complaints from the department of the interior. No one can feel fit when he has the stomach-ache.

My third lesson had to do with sleep. This was a hard one until I had tried it a while and realized the benefits that come

(Continued on page 74)

Can It Be Your Nerves?

The aim of civilization is Human Perfection, 100 % Efficiency, 100 % Health, 100 % Manhood, 100 % Womanhood, 100 % Happiness, 100 % Everything.

Have you taken a fair and square Inventory of YOURSELF? If you fall far below 100% in any of the higher human attributes, ask yourself: "Can it be due to Nerve Exhaustion?" for NERVE FORCE is the basis of all Energy, both Mental and Physical.

NERVE Force is an energy created by the nervous system. What it is, we do not know, just as we do not know what electricity is.

We know this of Nerve Force: It is the dominant power of our existence. It governs our whole life. It is Life; for if we knew what nerve force is, we would know the secret of life.

The power of every muscle, every organ; in fact, every cell is governed and receives its initial impulse through the nerves. Our vitality, strength and endurance are directly governed by the degree of our nerve force.

If an elephant had the same degree of nerve force as a flea, or an ant, he would jump over mountains and push down skyscrapers. If an ordinary man had the same degree of nerve force as a cat, he could break all athletic records without half trying. This is an example of Muscular Nerve Force.

Mental Nerve Force is indicated by force of character, personal magnetism, moral courage and mental power.

Organic Nerve Force means health and long life.

It is a well balanced combination of Physical, Mental and Organic Nerve Force that has made Thomas Edison, General Pershing and Charles Schwab and other great men what they are. 95% of mankind are led by the other 5%. It is Nerve Force that does the leading.

In our nerves, therefore, lies our greatest strength; and there, also, our greatest weakness—for when our nerve force becomes depleted, through worry, disease, overwork, abuse, every muscle loses its strength and endurance; every organ becomes partly paralyzed, and the mind becomes befogged.

Unfortunately few people know that they waste their nerve force, or will admit that it has been more or less exhausted. So long as their hands and knees do not tremble, they cling to the belief that their nerves are strong and sound, which is a dangerous assumption.

How often do we hear of people running from doctor to doctor, seeking relief from a mysterious "something-the-matter" with them, though repeated examinations fail to indicate that any particular organ is weak or diseased.

It is "nerves" or "you are run down," the doctor tells the victim. Then a "tonic" is prescribed which temporarily gives the nerves a swift kick, and speeds them up, just as a lagged-out horse may be made to speed up by towing him behind an automobile.

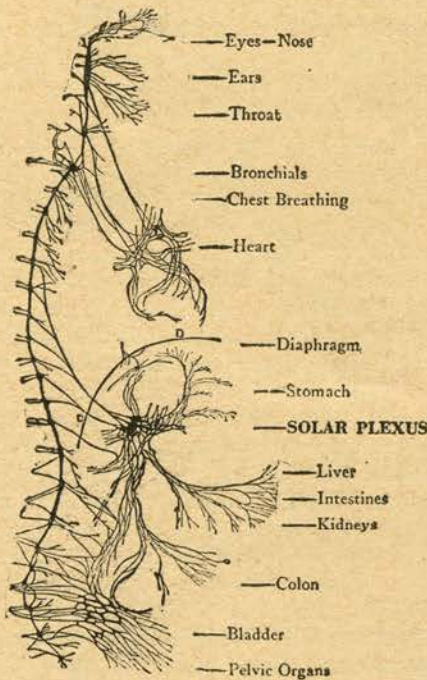
The symptoms of nerve exhaustion vary according to individual characteristics, but the development is usually as follows:

First Stage: Lack of energy and endurance; that "tired feeling," especially in the back and knees.

Second Stage: Nervousness; sleeplessness; irritability; decline in sex force; loss of hair; nervous indigestion; sour stomach; gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; headaches; backache; neuritis; rheumatism, and other pains.

Third Stage: Serious mental disturbances; fear; undue worry; melancholia; dangerous organic disturbances; suicidal tendencies, and in extreme cases, insanity.

It is evident that nerve depletion leads to a long train of evils that torture the mind and body. It is no wonder neurasthenics (nerve bankrupts) become melancholy and do not care to live.



The Sympathetic Nervous System

The Sympathetic Nervous System showing how Every Vital Organ is governed by the Nervous System, and how the Solar Plexus, commonly known as the abdominal brain, is the great Central Station for the distribution of Nerve Force.

It is through the Sympathetic Nervous System that worry, anger, fear and other emotional strains paralyze the vital organs, which in turn deplete the constitutional forces and health.

If only a few of the symptoms mentioned apply to you, especially those indicating mental instability, you may be sure your nerves are at fault—that you have exhausted your Nerve Force.

Nerve Force is the most precious gift of Nature. It means everything—your happiness, your health, your success in life. You should know all there is to learn about your nerves; how to relax, calm and soothe your nerves, so that after a severe nerve strain you can rebuild your lost Nerve Force, and keep yourself physically and mentally fit.

I have written a 64-page book which is pronounced by students of the subject to be the most valuable and practical work ever written on nerve culture. The title of the book is "Nerve Force." It teaches how to soothe, calm, and care for the nerves. The cost is only 25 cents (coin or stamps). Bound in elegant cloth and gold cover, 50 cents. See address at bottom of page.

You should send for this book to-day. It is for you, whether you have had trouble

with your nerves or not. Your nerves are the most precious possession you have. Through them you experience all that makes life worth living; for to be dull nerved means to be dull brained, insensible to the higher phases of life—love, moral courage, ambition and temperament. The finer your brain is, the finer and more delicate is your nervous system, and the more imperative it is that you care for your nerves. The book is especially important to those who have "high strung" nerves and those who must tax their nerves to the limit.

The only way to judge the value of this book is to read it, which you may do at my risk. In other words, if after applying the advice given in this book it does not meet your fullest expectations, I shall return your money, *plus* the outlay of postage you may have incurred. I have advertised my various books on health, breathing and other subjects in this and other magazines for more than 20 years, which is ample evidence of my responsibility and integrity. Over a million copies have been sold.

If the thousands of highly enthusiastic letters from readers of the book NERVE FORCE may be taken as a criterion of the real value of this book, then it is by far the most important treatise on the subject of Health, Mental Efficiency and Happiness that has ever been written.

Thousands of readers send in orders for books to give to their friends. Large corporations buy them by the thousand to distribute among their employees. Extracts from the book have been reprinted in many magazines, newspapers, etc. Innumerable testimonials are constantly pouring into my mail.

The Prevention of Colds

Of the various books, pamphlets and treatises which I have written on the subject of health and efficiency, none has attracted more favorable comment than my sixteen-page booklet entitled, "The Prevention of Colds."

There is no human being absolutely immune to Colds. However, people who breathe correctly and deeply are not easily susceptible to Colds. This is clearly explained in my book NERVE FORCE. Other important factors, nevertheless, play an important part in the prevention of Colds—factors that concern the matter of ventilation, clothing, humidity, temperature, etc. These factors are fully discussed in the booklet above mentioned, and I shall agree to send this booklet free to purchasers of NERVE FORCE.

No ailment is of greater danger than an "ordinary cold," as it may lead to Influenza, Grippe, Pneumonia or Tuberculosis. More deaths resulted during the recent "Flu" epidemic than were killed during the entire war, over 6,000,000 people dying in India alone.

Send for a copy of the booklet "The Prevention of Colds." You will agree that this alone is worth many times the price asked for both books. Address:

PAUL VON BOECKMANN

Studio 15, 110 West 40th St., New York

(Continued from page 72)



"GRIP-SURE"

With Patented Suction-Cupped Sole.

An athletic, money-saving shoe for summer. Its patented, suction-cupped rubber sole makes the wearer sure-footed. Extra quality white duck, trimmed with real leather with leather ankle patch on each shoe.



TOP NOTCH BEACON FALLS "GYM-BAL" SHOE

The "Gym-Bal," below, is the real thing for looks, wear and low price. Durable, extra quality white or tan duck, leather trimmings and ankle patch, dark red non-slip sole of the finest rubber. Both the "Grip-Sure" and the "Gym-Bal" are also made with patented "Arch-ease" features, for those who have any foot weakness. Write for the name of the dealer who sells these shoes in your city.

Beacon Falls Rubber Shoe Co.
Dept. B, Beacon Falls, Conn.

GYM-BAL SHOE
"Arch-ease" style
Shapely, perfect fit-
ting, arch supporting.
Relieves and prevents
foot troubles.



"Old Town Canoes"

When the first trout rises to a fly you want the feel of a paddle in your hands.

Choose your light-weight, easy-to-paddle "Old Town Canoe" from the new 1920 Catalog. Thirteen graceful models reproduced in natural colors. First cost is last cost—there is no upkeep to an "Old Town". Complete list of canoe accessories, and all prices given. Catalog is free and postpaid. Write for one today.

OLD TOWN CANOE COMPANY

1905 Fourth St.
Old Town, Maine, U. S. A.



from the right amount of sleep taken regularly. Individual needs vary. My quota is at least seven and one half hours every night. I will sacrifice pleasure to get that amount for I know the fresh, rested feeling that follows the next morning and continues throughout the day. If unexpected circumstances break into my regular sleep schedule, I make up the lost amount. This is better than carrying the loss as a permanent deficit, but not so good as the right amount every night.

So far I have not mentioned exercise. Not that I discount its value, but because I have proved from my own experience that proper eating, proper sleeping and the avoidance of excess in stimulants will enable one to realize a certain degree of fitness. They are fundamental. Without them the benefits of exercise are questionable.

As a matter of fact, I exercise as regularly as I eat my meals and as religiously as I say my prayers. I enjoy it. The statement that one hour out of doors is worth several indoors has my one hundred per cent support.

Walking is the best all around conditioner. Infantile paralysis left me with a shortness in one leg and with the idea that I couldn't walk far. I know better now. I have done twenty-five miles and finished in good shape. I average at least one hour's walk five days a week and devote Saturday afternoon and Sunday morning to the same exercise. There results from this a feeling of pleasure, a sense of joy in being alive that is hard to describe. My inability to wear tennis shoes or do the fast running of baseball keeps me out of these sports, good as they are. Walking fills the bill for me as it can for others. If you have never experienced the thrill that comes at seeing the early sun-light on dew-covered fields or snow-filled trees, my advice is to expose yourself to it. It's catching.

Some physical culturists admit that exercises in one's room are just plain old-fashioned work. I don't agree. They're a pleasure. For instance, when I first awake in the morning, I take my first exercise of the day. I do just what anyone would do—take a good old stretch—way up and up until I feel ten feet tall. Then I take another, arms out in front as far as I can reach, then a little farther. Next in front of the window I take a few lung-bursting breaths of fresh cold air followed by some snappy vitolizing in front of the mirror. Do you call that *work*? Then follows five minutes of bending exercises, forward, backward and sidewise. Next lying on my back I kick the floor just beyond the top of my head. Then with feet on a chair and hands on the floor, I "dip" a dozen times. Two seconds later I am splashing up the bathroom with a cold bath, and drowning the noise with what the neighbors, in all charity could

hardly call singing, although it is somewhat similar disturbance. Wrestling with hairbrush and necktie in front of mirror, I laugh and laugh at my reflection. Am I awake? Do I feel like a day's work?

Try that laughing stunt. The first attempt may require an effort. The second will be easier and the third you couldn't stop if you tried. Feeling and being fit call for freshness of physique and buoyancy of spirits. If you laugh at yourself in the mirror for a minute and keep a grouch, you are better lil' keeper than I am.

At the office, I *work*. The quantity of quality are better than in the old days. Mine is the pleasure of seeing the move when I push it. To a larger extent I run the job, but not it me. The boss admits it anyhow. At a quarter to five my eight hours are done and at exact 4:45, bang goes my desk and in a couple of seconds more bang goes the outside door. I'm done for the day. Unless circumstances are most unusual, I do no overtime work. I have learned to my own satisfaction that I can do my work and do it better by keeping off hours and keeping away from work on side them.

Supper I get regularly at six o'clock. In the hour and a quarter preceding I go to my room, take half an hour's body building exercises, bathe, shave and put on fresh clothing. There's another point. No matter how tired one is, bath and change of clothes will work wonders. It is not necessary to put on clothing fresh from the laundry. Keep a set for evening wear and a set for wear during the day. It costs no more than the old way.

When I go to supper, I am ready for and enjoy every bite. The evenings are spent in walking, amusement and a hour or so of serious reading. I retire, time to get my quota of sleep and ready for the next day.

Recently a friend, whom I had not seen for nearly a year, dropped in for a chat. His first remark was, "Say, fellow, you are looking like a million dollars!" I admitted it and admitted also that I felt like two of them. That one fact was worth all the time and effort I have spent and now spend in realizing some degree of fitness. It would be worth even if said good feeling had called for hard drudging work instead of enjoyable care of myself.

There is my story. There is nothing sensational or unusual about it—just a little common sense and a desire to feel good. It hasn't cost me five dollars. You, friend reader, can do as well.

Solid Comfort in Gamping

Would you like to know the fewest, simplest requirements for gamping? Mr. Eubank's article (page 74) in our June number will tell you.

What Would You Do in this Case?

(Continued from page 46)

them to the hotel and leave them feeling like a little yellow dog. My wife entertains few women friends, none of refinement and worth-while attributes, seeming to find her level among people with whom I can find nothing in common. The children she makes fairly presentable when they go out from home, but when the little tots stray away at inopportune times I am ashamed for them and for her.

"I have tried everything I know to make ours a more pleasant home and to make things easier for her. She works and works hard, seems to want to do well and what makes it harder thinks a great deal of me. It is impossible for me to love her. I would not let her know my real feelings towards her for the world, but there are times when I must turn away lest my disgust show in my face. To put it plainly, I have been forced by her own lack of pride in self and person to loathe her.

"I get great pleasure in pleasing those whom I like and love. I used to make frequent trips away from home and each time would bring her a small gift, a pretty dish, a cap of lace or piece of unique pottery, things which an ordinary woman would have prized. She appeared pleased but when I found that she neglected to take proper care of them and that they were either broken or destroyed, I stopped bringing them.

"I am naturally an affectionate person; a little encouragement will carry me a long way. I like to tramp the woods and to wander over God's big Outdoors, but she takes no interest in such things. I am ambitious to become a poet and am succeeding in a small but ever gratifying way. Many of you would probably recall my name over verses which are scattered through many of the smaller magazines of the country, though I land a big one occasionally too.

"It would be folly for me to attempt to put into words my longing for a wife that I could love. I feel that I could pour out my very soul to a real 'pal' that I could love. This is denied me. I know that it is to be ever but a longing, but that does not alleviate the craving for a clean, sweet wife, a happy home, and a true companionship. True, there are my children, and I hope some day to make them all that their mother is not. I enjoy them, I love them with all the power of my soul, but that love does not take the place of the other.

"Being a dreamer of dreams I have created for my 'pal' a dream girl.



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What Would You Do in this Case?

Not a paragon of all virtues but a true, straightforward, tender, clean little sweetheart. When I wander through the big Outdoors or sit at day-dreaming she is with me and we get a great deal from each other. This may sound flighty from a man of twenty-seven years, with four children, but there have been times when the fancied touch of the hand of my 'dream-wife,' or the faith in her eyes has kept me from sheer madness. There was a time when I was tempted by 'the other woman.' Perhaps I should have braved the eyes of my real wife but I could never have stood the reproachful eyes of my little 'dream-pal,' so I was kept straight, I remained clean.

"I have stood my ground for seven years, and let me say that I am not crying for sympathy. This is the first 'cheep' I have ever let out on the subject, but even this 'getting it off' my chest, so to speak, has helped. I expect to go on wherever it leads, to the end if need be, doing the best I can. I never reproach my wife. Were I to die tomorrow she could say truthfully that I had been a good husband to her, and I have been to the best of my ability.

"It is hard, damnably hard, but I am trying to play the man. Here's added happiness to those of you who have found good pals. For God's sake, appreciate them!"

Now what would you do if you were in this man's place?

Of course it is easy to say that the time to have corrected this condition was before it happened, or that one should be careful not to marry a woman who is likely to disappoint him. One may say glibly that this is an argument against marrying in haste. But such considerations are idle. When one is in love he will scarcely believe anything unfavorable or unpleasant in connection with the object of his affections, even when the evidence is easily seen. But the hard facts of life have demonstrated again and again that few people really know each other before marriage. Perhaps because during courtship each puts his best foot forward. The question is, what is to be done with a situation after one has found himself irretrievably committed to it?

The writer of this letter describes himself as a dreamer of dreams. Perhaps he has given himself over too much to the company of his mental pal, that "dream girl," and not enough to practical consideration of his own problem.

Possibly there is one clue to a solution in his statement that he would not for the world let his wife know

his real feelings toward her. Perhaps in a case of this kind a policy of greater frankness would be productive of good results. Habits of carelessness are not consciously cultivated. Without a doubt they are acquired gradually as the result of neglect, until without being conscious of it one has suffered a certain deterioration. There is some evidence in this letter that the wife in the case is not conscious, or at least not strikingly conscious, of her failings. She apparently thinks a great deal of her husband, and if she knew how he felt about her shortcomings in this direction her love for him might possibly supply the motive force that would impel her to the self-improvement that he so much desires. Particularly if he could find some way to tell her about that dream-wife, her "phantom rival," she might readily enough become interested in holding up her own end.

Does not a study of the situation revealed in this letter lead one to think that this man's wife is not altogether impossible, particularly in view of the fact that, as he says, she works hard, seems to want to do well, and actually dresses the children in a presentable manner when they go away from home.

May it not be possible that in this case there is a lack of incentive? Perhaps in such a case there is needed little more than some form of stimulation, some influence or circumstance that will tend to wake up the woman's pride, put her on her mettle and make it almost imperative that she acquire the habit of keeping clean and well-groomed.

Of course one cannot be too sure as to what he thinks he would do if he were in another man's shoes. Perhaps we would feel as helpless as he. But looking at it now as another man's affair, we think that perhaps we would try to supply the necessary moral incentive to cleanliness and good grooming by providing Friend Wife with good clothes—as good as possible—and then taking her out where she would meet and mix with other well-dressed people. Women are naturally far more adaptable than men, so we have been told, and the moral effect of mingling with well-bred and well-dressed people, even if only in a church or theatre, would be tremendous. If this man were to take his wife out enough, we do not believe that her apathy in regard to her personal appearance would possibly endure.

Perhaps our man has made a mistake in not bringing his friends home to dinner irrespective. Is one not

often inclined to make a mistake in not sufficiently taking his better half into his confidence in regard to his business or professional requirements? If she fully understood her own relationship to his welfare, the chances are, ten to one, that she would rise to the occasion.

Our friend declares that his wife entertains few women friends, and none of refinement or worth-while attributes. But what has he seriously done to bring his wife in touch with people of culture and refinement? People that would bring to bear a stimulating influence upon her mentality?

It looks to us like a case calling for a little real domestic engineering. Since the couple have four children, perhaps the wife is so over-worked in conjunction with the cares and burdens of her home, that she has little energy to spare. She may be tired.

Of course, energy has much to do with both pride and ambition. Camp life, outdoor pastimes and a course in physical culture, with particular attention to erect posture, would work wonders in anyone's psychological outlook. The trouble is that in many cases of the disinterested party, as in this case, little or nothing can be done along this line until after a certain amount of moral "bucking up" has been brought about.

Human life may become a drab, monotonous affair. One day drags on like another. Life under such conditions has no real meaning. There are very few people who can be satisfied with such a purely vegetable existence, or if they can make themselves contented, because of the limitations of their circumstances, then it is only natural that there should be some deterioration of character, as in this case.

We personally would look for some form of stimulation, something that provided inspiration, something exalting. Good music is among the best of such influences. The theatre is helpful in such a case. The presence of fresh flowers on the dining table tends to lend to the home an atmosphere of refinement. But frequent association with refined human beings, with men and women who command one's respect, will be found the most stimulating of all influences.

Sometimes it is necessary "to be cruel only to be kind," and possibly a little honest and frank discussion of the matter, conducted in all kindness, would have a salutary effect. This with the influence of good clothes and the company of refined people, together with the introduction so far as possible of art and music into the atmosphere of the home, might not be unavailing.

What does the reader think?



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Film Dulls the Teeth

A viscous film forms on your teeth. You can feel it with your tongue. It clings to teeth, enters crevices and stays.

The tooth brush does not end it. The ordinary tooth paste does not dissolve it. So millions find that teeth brushed daily are still ruined by that film.

The film is what discolors—not the teeth. It is the basis of tartar. It holds food substance which ferments and forms acid. It holds the acid in contact with the teeth to cause decay.

Millions of germs breed in it. They, with tartar, are the chief cause of pyorrhea. Thus most tooth troubles nowadays are traced to film.

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Dental science, after years of searching, has found an efficient film combatant. Able authorities have proved it by years of careful tests. Now great efforts are being made to bring it into universal use.

The method is embodied in a dentifrice called Pepsodent. And, to show its powers, a 10-Day Tube is being sent to everyone who asks.

How Millions Have Proved It

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Pepsodent is based on pepsin, the digestant of albumin. The film is albuminous matter. The object of Pepsodent is to dissolve it, then to day by day combat it.

This method long seemed barred. Pepsin must be activated, and the usual agent is an acid harmful to the teeth. But science has discovered a harmless activating method. And now

active pepsin can be every day applied, and forced wherever the film goes.

Send the coupon for a 10-Day Tube. Note how clean the teeth feel after using. Mark the absence of the viscous film. See how the teeth whiten as the fixed film disappears.

When you see the results and read the reason Pepsodent will need no argument. The cleaner, whiter, safer teeth are evidence enough. For your own sake, don't wait longer. Cut out the coupon now.

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Old Doc Sunshine Will Cure You

(Continued from page 50)

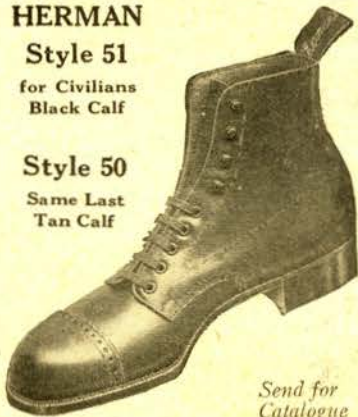
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action of air and light. The increased hyperemia of the skin depletes the inner vessels and thus relieves congestion of mucus membranes. In all catarrhal inflammations of mucus membranes, as well as inflammatory conditions in the internal organs, sunlight is a potent remedy. We have often noted the quick relief obtained in asthma, chronic bronchitis and other respiratory conditions, as well as pelvic inflammations, when sun-baths are taken regularly.

Sunlight is effective in the treatment of obesity. The fatty tissues are broken down by the chemical rays, and weight is also lost through increased perspiration.

Sunlight will relieve many painful conditions, especially when the pain is due to inflammation. In some cases concentrated sunlight is used, through employment of a burning glass or apparatus for converging the rays. By exposing painful areas and covering the rest of the body an increased amount of blood may be directed to the particular part and pain relieved.

The sun-bath is especially valuable in chronic arthritis. The swelling and soreness of joints is greatly relieved and in many cases motion is re-established.

Sunlight is a valuable agent in the treatment of all diseases of the skin. Boils and carbuncles, eczema and psoriasis, skin tuberculosis, acne and many others are all benefited by the daily sun-bath. In peritoneal tuberculosis the exposure of the surgically opened abdominal cavity to the sunlight or electric light, is usually followed by rapid recovery.

In the treatment of wounds, sunlight has made its greatest victory. Wounds exposed to sunlight are quickly disinfected and heal rapidly with very little scar formation. Ulcers and infected wounds will improve rapidly when exposed daily to the action of sunlight. This agency was extensively employed during the war, and Dr. Crile has said that it was the greatest medical development of the war.

Sunlight hastens the oxidation of the destroyed cells and tissues in the wound which furnish the culture media for the pus-producing bacteria, and the irritation of these being removed, healing takes place rapidly with very little production of connective tissue. Where sunlight is not available, the electric hand-lamp may be used.

Sunlight is a valuable factor in the treatment of kidney disease. The increased skin elimination relieves the kidneys of some of their work, and congestion is lessened. The blood pressure is lowered because of the dilatation of the skin capillaries.

It would take too long to mention the many ailments capable of being bene-

fited by sunlight so we must rest content in mentioning but one other, and that one in which the sun treatment is destined to revolutionize present methods—tuberculosis.

The value of sunlight in the treatment of this disease has long been recognized, but few have had the courage to employ it to the extent that its benefits warrant, except Nature Cure practitioners by whom it has been used for decades.

Recently, however, since its advocacy by Dr. Rollier of Switzerland, the light has crept into orthodox places, so to speak, and the directors of many tuberculosis sanitariums now speak glibly of their use of the "Rollier sun-treatment."

The Rollier treatment is in fact nothing more than our old friend the sun-bath often mentioned in these pages. The patient bares the entire body and exposes the skin to the sunlight, at first from five to ten minutes at a time, gradually increasing the time as the skin becomes tanned. The patients go out of doors in all weather returning to a warm room as soon as they feel cold, repeating the process as soon as warmed.

It is said that colds are practically unknown among the patients so treated. The fever, pains in the chest, sweats, and poor appetite soon disappear, and the patients rapidly gain in weight and strength. Those taking on the darkest coat of tan are said to make the most rapid improvement.

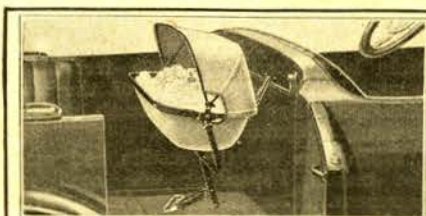
It may seem a problem to many—just how to go about it to take a sun-bath. Some will sit out in the sun and feel quite content in the idea that they are "taking a sun-bath." To those who can do no better such a sun-bath beats none at all, but the real sun-bath that gives one all of the therapeutic effects of the sun, implies that all of the clothing be removed and that every part of the body receive the sun rays.

Those who are not accustomed to exposing the nude body to the air for any length of time may begin by taking an air bath only, in a warm room, gradually allowing colder air to enter, or if it happens to be summer time the second step may be exposing the skin to the out-of-door air. Most of us however cannot begin with the sun-bath direct.

It must be remembered that the sun can burn. There is no burn more painful than sunburn. I have known of some made dangerously ill through extensive sunburn, particularly blondes.

There are some who will become sunburned no matter how careful, and we would recommend that such begin with an air and partial sun-bath taken under the shade of a tree. In this way some of the curative value of light is obtained without running the risk of burning the skin.

A good way to begin is to take a sun-



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bath early in the morning or late in the afternoon when the rays are not so vertical. If one takes the bath when the sun is high but a short time will suffice in the beginning. Watch the skin carefully and as soon as there is a beginning redness discontinue the bath.

In some cases five minutes exposure is enough on the first day. Increase by five minutes each day; the idea being to gradually allow the skin to "brown up" and to prevent burning. When the skin is well pigmented one may stay in the sun-bath for an hour or two.

In the beginning it is well to protect the head with a straw hat or a bunch of grass or leaves. A towel may be dipped in cold water and wrapped around the head, or the hair may be wet frequently with cold water. Sunstroke is due to the effect of the sun on the central nervous system and may be prevented by protecting the head and spine.

It is of value to take frequent cold showers or sponge baths during the course of a sun-bath. The action of air, light and water has a decided eliminative action. Following a sun-bath it is best to take a cold sponge, or shower.

Another excellent plan is to take a cold sitz bath for a few minutes and then wet the rest of the body. It is not necessary to use a towel for drying. Rub the body with the open hands until dry, or even put on the clothing while the body is still wet. This increases the eliminative effect and reaction of the bath.

One may lie down during the bath or walk around, turning all parts of the body towards the sun. One may take various exercises at the same time thus increasing elimination.

Anyone with a little ingenuity can arrange a satisfactory place for a sun-bath. All that is necessary is to provide for unobstructed sunshine and comply with the laws of the community covering exposure of the undraped body.

Remember people have been arrested for taking sun-baths and we would hate to think that some one got into jail through reading this article.

It is best to take a sun-bath on the ground. It is cooler, the glare of the sun is not so hard on the eyes, and the contact with Mother Earth gives one a "Back to Nature" feeling that is worth a great deal. A small board enclosure, a strip of canvas stretched on posts, or a few tree branches will provide a "blind" within which a sun-bath may be "safely" taken. One man we know dug himself a "grave" mounding up the sides, within which he took his daily "bath" when the sun was overhead. Those who follow the healthful custom of getting out into the country on Sundays, can take at least a weekly sun-bath by going into some unfrequented woods, or by indulging in one while taking a swim in river, lake or ocean.

There are on the market several portable canvas sun-baths which may be



Lucky Boy

to have a food confection waiting after school. And to have it Puffed Wheat, which is whole wheat, steam exploded and made easy to digest.

Millions Now Enjoy Them

There are millions of lucky children now who revel in Puffed Grains. American homes are now enjoying some 750 million dishes of Puffed Grains in a year. And this is why:

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Millions are crisped and lightly buttered for hungry children to eat like peanuts—dry.

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These scientific foods are also the most delightful grain foods known. They are airy, flimsy, nut-like—flavorful food confections.

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secured by those not desiring to go to the trouble of making their own. When one has a porch, a cot or a blanket on the floor may be used and often a satisfactory sun-bath may be had within the house if one will open the windows and watch for the appearance of the sun on that side of the house. A sun-bath should never be taken under glass. The only effect from such a sun-bath is that derived from the heat and light rays, the chemical rays being absorbed by the glass.

Where one has a flat roof there is no reason why a home sun-bath cannot be maintained and the whole family enjoy its benefits. It is to be hoped that houses and especially apartment buildings will all some day have a solarium on the roof and that it will be considered as important as the kitchen or the dining-room.

In many instances one will feel rather disagreeable during the first few days of sun-bathing. There may even be a rise of temperature with aching of the limbs, a feeling of drowsiness and disinclination to perform any work. This is due to the stirring up of the impurities in the body, and as one continues with the baths, these feelings give way to a sense of ease and well-being.

There is no better way to prepare for the rigors of winter than by taking sun-baths during the summer and continuing them up until cold weather, and if one will even continue them during the winter for a few minutes daily, colds will be prevented and the necessity for thick clothing obviated.

Should one be so unfortunate as to become sunburned, the skin may be anointed with olive oil, petrolatum, paraffin oil, any cold cream, saleratus water, or cloths dipped in cold water. The oily applications are undoubtedly the most soothing. The treatment is essentially that of any other burn. Immersing the body in a tub of warm water will give quick relief.

One is foolish to allow oneself to get sunburned. It is a matter of care and precaution. It must always be remembered that the darker complexioned people can stand more sun than light ones, and that red or golden haired individuals will blister very quickly and had better take modified sun-baths.

If only air and light can come in contact with the nude body, the health will be benefited. Most of us can at least do this much for our faded out skins.

Let us seek the sunlight when we are sick that we may become well. Let us seek the sunlight when we are well that we may not become sick. One of my 1920 resolutions is to take an air or sun-bath every day in the year. Suppose we all do it.

Almost instinctively, certain races have worshipped the Sun, from time immemorial. And their instincts have been true ones, though they may have taken the Sun for the flaming eye of their god himself.

What Will You Look Like at Seventy?

(Continued from page 17)

advanced age of eighty-nine he totally captivated one of the younger beauties of the English court.

Born May fifteenth, 1616, Ninon's beauty attracted marked attention from all sides, right up to the day of her death, ninety years later.

Her portrait was painted by many artists; one of the most famous, perhaps, being that one done by Andre Beauchamps in 1686, when she was seventy years of age (reproduced on the cover of this magazine).

She has been truly called "The woman who never grew old," and to date, history has never produced any noteworthy claimant to her title.

But although Ninon may have been the champion of her day, it is still possible that we may see—yes, that we may live to see—her records badly beaten. In athletic lines we have seen any number of fine records surpassed as a result of the present-day superior knowledge of training. If we also acquire a better knowledge of training for keeping young and handsome, individually and as a nation, the present generation may be expected to produce a large crop of record-breakers who will make Ninon's achievement pale into insignificance—just as the silvery, silly old moon is outclassed by the glorious, golden morning sun.

The time to prepare to reach this goal is now. However, it is one thing to wake up to the threat of old age only after one reaches the age of sixty or over. Even then by adopting a rational system of living, one may win back youth and vigor. But remember that the boy is not only father to the man, but grandfather to the old man. And if before the age of forty one has the foresight—and it doesn't take much—to anticipate the passing of the years and the coming of the seventies and the eighties, and to establish in early life the practice of youthful living, it ought to be possible to lay the foundation not only for extended length of life, but for a quality and intensity of life in one's later years that will mean something.

What is possible for one is also possible for another. Each one of us has personally met and known examples of early aging, men old at fifty or sixty, and also examples of vigor, mentality, and good looks retained late in life.

Even when you reach the last lap of the ten lap course, with ten miles to a lap, you should lose nothing in the way of personality. Your mentality should not lag. And in personal appearance you should be no less "easy" to look upon than when in your prime.

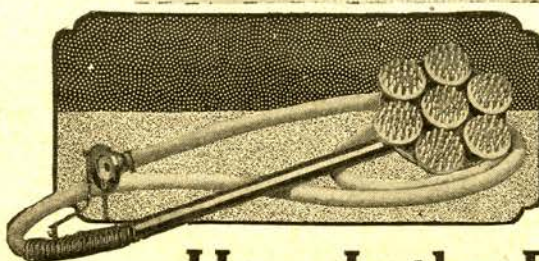
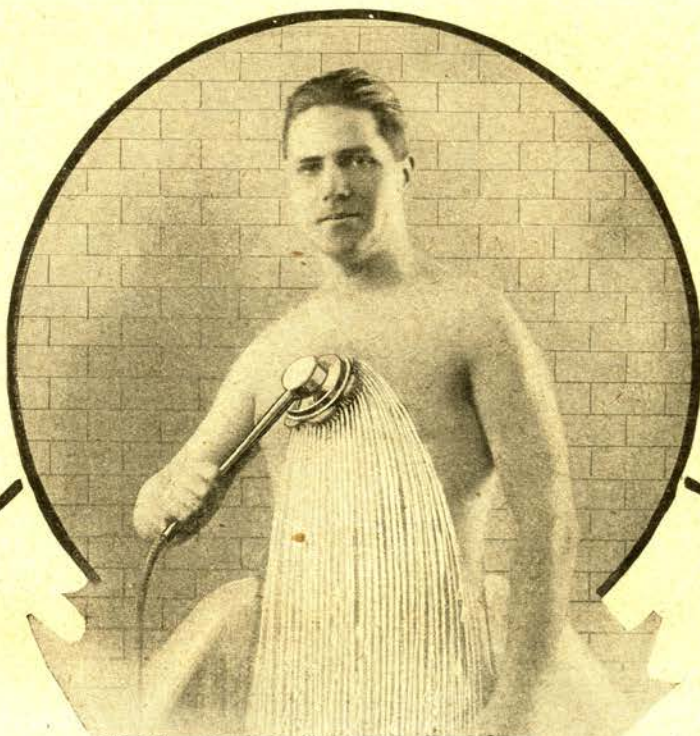
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Simply attach The "Star" to your faucet (or faucets), regulate the temperature to suit yourself—then *apply* water to any part individually—not over your entire body at once! This is the new way to bathe—instantaneous; no waiting for tub to fill; water always fresh, clean, free from soap. No splashing. Overcomes the shock of the old-fashioned cold shower. Time-saving, money-saving—always ready. Will last for years.

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A big, fresh, clean
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We are manufacturers of the famous Star Electric Massage Vibrator. This publication knows that our full financial responsibility stands back of every thing we manufacture. The Star Massage Shower Spray (because we manufacture it in very large quantities), is offered to you at the remarkably low price of only \$5. Don't fail to send the coupon today. Free booklet. You are taking absolutely no risk. Satisfaction guaranteed or your money back. Fitzgerald Mfg. Co., Dept. 503, Torrington, Conn.

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SHOWER
SPRAY



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hair wet under an old-
fashioned shower!



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delighted with
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way!

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I enclose \$5 for which send me one complete STAR Massage Shower Spray with all attachments. It is understood that if I am not fully satisfied after 10 days' free trial, I may return it and you will refund purchase price at once.

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My druggist's name

and address

Watch your gums

Under the gums is where pyorrhea starts. Pyorrhea destroys the tooth foundation—the bony sockets which hold the teeth in place.

The teeth may be white and free from decay. But if the germs of pyorrhea have infected the gums and root sockets, your teeth may loosen and fall out or have to be extracted—because their supporting foundation is gone.

So it is vital to keep your gums healthy—and to restore them to health if they bleed easily, are soft or tender, have begun to recede.

Pyorrhocide Powder was compounded for the specific purpose of maintaining and restoring gum health. In addition to its ingredients which keep the teeth white and clean, it is medicated with Dentinol, a germicidal and healing agent widely used by dentists in the treatment of pyorrhea.

Pyorrhocide Powder tones up the gums, stimulates their blood circulation, helps to make them hard and firm. Its effectiveness has been proved by thorough tests in clinics devoted to pyorrhea research. Dentists everywhere recommend it.

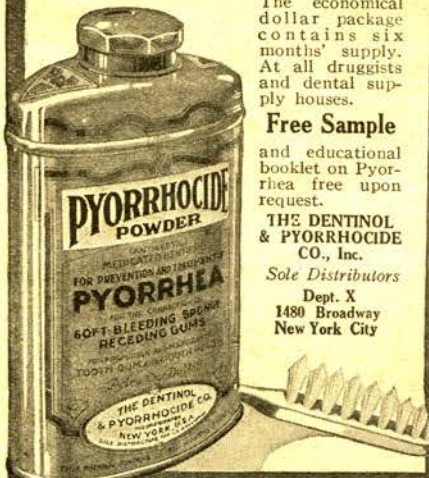
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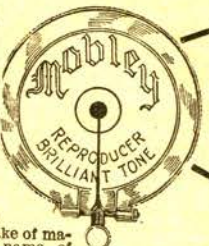
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far to each side, as well as twisting or turning the head. By way of advanced exercises, after some strength is developed, the weight of the body should be partly supported by the head while lying on the back and also in a position face downward. In the latter exercises first get down on hands and knees, place the head on the floor, then lift the hands and, if possible, the knees. A good strong neck is always associated with a condition of vitality.

There should be no forcing of the child's growth and no excess in exercise. Do not strive for feats of strength or to make a circus performer of the youngster. Such "stunts" as throwing the child high in the air, tossing him up for somersaults and dangerous feats of any kind should be avoided. Exercises should be intended merely for normal development and healthy growth. Beyond this, training is not advisable. When the child shows the least lack of pleasure in the exercise it is probably time to quit.

There is a great variety of competitive games and exercises that may be especially suggested for all-round development. Hand wrestling is ideal for children. Taking a firm position, with feet well apart, let them "shake hands" with the right hand and then see who can pull, push or jerk the other out of balance so as to make him move his feet or touch the floor with his other hand or any part of the body. This is splendid exercise. After four "falls," change off to the left hand.

Ordinary wrestling is a superb exercise for boys if practiced on the grass. It will be advantageous, however, to study wrestling holds. There is a simple "tug of war" in which two children, taking hold of the same broomstick and sitting down with the feet braced against each other, try to pull each other over.

Let the two take hold of a broomstick high above the head and bring it downward between them, each one trying to twist the stick in the hands of the other. Whose grip will slip first? This requires and develops a tight grip. There is a great variety of exercises of this type, all appealing to the mind of a child and all valuable. If gymnastic apparatus is available, it will be a great help, but it should not be taken seriously. The children should not strive to make records or to do difficult feats. They should simply "play" on the apparatus so as to get the most fun. For girls, folk dancing is especially suited. Simple, balancing exercises will give grace, poise and bodily control.

Children are not suited to endurance work. Their exercise should be active in character, but not long continued. There should be a variety in their exercises.

This is one reason why baseball is a splendid game for boys old enough to play it.

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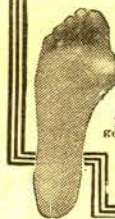
Don't send me one cent—just let me prove it to you as I have done for over 72,500 others in the last six months. I claim that "Fairyfoot" is the only successful cure for bunions ever made and I want you to let me send it to you, absolutely FREE, entirely at my expense.

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It is a wonderful yet simple home treatment which relieves you almost instantly of all pain. It removes the cause of the bunion and thus the ugly deformity disappears—all this while you are wearing your ordinary shoes with perfect comfort. I know it will do all this and I want you to send for "Fairyfoot" FREE at my expense, because I know you will then tell all your friends about it.

Just send your name and address and "Fairyfoot" will be sent to you promptly in plain sealed envelope, together with my valuable booklet Foot Troubles. Write today.

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I Swapped 141 Meals in a Row for Health

(Continued from page 23)

"Then an unusual symptom made its appearance. At intervals during the afternoon I became very sick, vomiting copiously, although the water I threw up was scarcely changed from the condition in which I had swallowed it.

Again on the forty-sixth day I had no appetite. I was still weaker than on the day before, and at intervals was forced to vomit. The forty-seventh was the same; then late in the evening, about eight o'clock, I think, I had a more prolonged vomiting spell than usual, and after it came strong and unmistakable the desire for food.

I took about one-third of a glass of grape-juice, filled the glass to the top with water, and sipped it slowly; taking care to mix it thoroughly with the saliva. At midnight I took another.

Next day I took one-half glass of grape-juice, added the juice of half a lemon, filled the glass to the brim with water and made a meal of the mixture at three hours intervals. The second day I took the same at two hour intervals, alternating with orange and berry juices. The third day was the same at hour intervals, and the fourth day I began the milk diet, taking a glass of warmed milk each hour. I had decided during the fast that I would follow it by an exclusive milk diet, and that by a very restricted one of ordinary foods.

When I took my first glass of diluted grape-juice, I had fasted forty-seven days; and when I say "fasted" I mean just that. Many fasts of similar duration have been made, a few have been longer—some quite a good deal longer. The point I wish to make is that during most of those long fasts the fasters have taken something, while abstaining from ordinary foods. Some have taken small quantities of malted milk, some have taken a little fruit juice now and then, others have taken variously compounded elixirs.

Those things all seem very small, but when we come to consider in the light of recent discoveries just how very little food is necessary to keep up life and strength in the human body, we may almost say that those were not fasts at all. I have even heard mono-diets referred to as fasts. Imagine the milk diet, wherein as much as twelve quarts daily are frequently taken, or the grape diet, in which as many pounds of grapes are not deemed excessive, being referred to as fasts!

No professional jealousy is involved in these statements. I do not aspire to the doubtful honors of the professional faster. My experience was undertaken in the interests of health and health only; not to break records. And I think the results obtained have amply repaid me.



Price 35c— The Cost of a 60-Dish Package of Quaker Oats

A 60-dish package of Quaker Oats will cost you 35 cents.

A small fish will cost you the same amount—enough to serve four people.

Three chops will cost you about the same—only enough for three. And seven eggs at this writing cost as much as that 60-dish package of Quaker.

Mark the Food You Get

The package of Quaker Oats yields 6221 calories—the energy measure of food value.

The fish, eggs or chops which that 35c buys will not average one-tenth as much.

As a food they cannot compare with oats. For the oat is the greatest food that grows. It is almost a complete food, nearly the ideal food.

About all the human body needs is in oats in right proportion.

This is how the calory cost compares with other necessary foods, based on prices at this writing:

The wise housewife's conclusion must be this:

The proper breakfast is Quaker Oats. It means supreme nutrition—foods that everybody needs.

And the 90 per cent that it saves on breakfasts can buy costlier foods for dinner.

Cost Per 1000 Calories

Quaker Oats	- - - - -	5½c
Average Meats	- - - - -	45c
Average Fish	- - - - -	50c
Hen's Eggs	- - - - -	70c
Vegetables	- - - - -	11c to 78c

Quaker Oats

Only 10 Pounds in a Bushel

Quaker Oats are flaked from queen grains only—just the rich, plump, flavory oats. We get but ten pounds from

a bushel. You get the cream of the oats, the maximum flavor, without extra cost, when you ask for this premier brand.

35c and 15c per Package

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Intensive training and clinical study in the great profession of Drugless Healing is now possible. All approved branches of natural therapy are included in this strong, thorough course. In order that the widespread demand for well-trained Drugless Physicians may be at least partially met the

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will offer a thorough eight weeks' course of intensive practical training in all the approved branches of this important new science.

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Learn the facts regarding this important profession and how it may be easily, quickly, yet thoroughly acquired.

Physicians, nurses, masseurs and other professional applicants especially urged to enroll. Full description of Residence Course and how to qualify for this important profession will be sent on request.

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During the entire forty-seven days not a particle of food passed my lips; unless some of the animalculae that were no doubt contained in the water I drank may be so classed.

At the time of writing some three months have passed since terminating my fast, and every day I feel more certain that, in my case at any rate, fasting is simply the beginning—simply an introduction to a system of dietetics unlimited in its potentialities. I'm afraid that what I am going to say now will be construed as proof of sheer blockheadedness, yet I must admit that for many years I have been a more or less enthusiastic student of diet and dietary systems; but until after this fast I never fully grasped the great truth that what we eat makes us what we are—is us, in fact.

I knew something of food combinations, of acid and alkaline reactions in a dietetic sense,—I was glib enough with proteins, fats, and carbohydrates, and could discourse more or less learnedly of calories, of metabolism, of katabolism and embolism, etc., etc. But in spite of all this, in the kingdom of the blind, none was more blind than I.

An awakening in a dietetic sense differs in no way from any other awakening. One moment the eyes are closed, all is blank, hidden, unknown, and unknowable; another moment and the eyes are opened,—all is clear, plain, comprehensible. Where there was darkness, there is light. Any one who has in a short space of time acquired a language the very characters of which were before unknown to him, can understand my feelings by remembering how a printed page that is now perfectly clear and understandable, was simply a mass of strange and meaningless symbols.

Here then is my discovery. I know it seems old. It sounds old to me as I write it, yet until very recently my

understanding of the truth was very tenuous—almost non-existent. But perhaps I have been blindest of all,—perhaps I have been last to throw off the shackling lethargy. If so, why the illness, why the disease, why the suffering in the world? If the world knows what I know, why hasn't the world put that knowledge into practise?

Each food-element has its use. Proteins have their uses. Fats have their uses, and so have carbohydrates, and mineral salts. The human body may starve for lack of any one of these, while being actually poisoned through an excess of the others. Especially is this true of protein. Protein starvation, while far more rare than poisoning from an excess of protein, will still assert itself very positively, if one cuts that element out of his diet for any protracted period.

On the other hand an excess of protein in one's diet is not thrown off as are most food-elements when taken in excess of the system's needs, but floats about in the blood—a poison. Disease feeds on these poisons, it thrives on them, but without them it dies. Therefore, feed your body, but *don't* feed the disease.

Hearken! ye bold trenchermen! The quantity of food-elements necessary for the nourishment of the human body is ridiculously small. Perhaps more is contained in your hors d'oeuvres than should be eaten at the entire meal. To those acquainted with the subject of fasting the statement that fasting involves too many personal hardships to ever become a popular cure is moth-eaten.

But to live on a restricted diet with an appetite produced by centuries of wrong habits of eating, calling always for more and more, is harder than fasting. Still, if you would get rid of your ailments, feel your old troubles sloughing off as a snake sheds his skin, you haven't done yourself justice until you've looked into the science of non-eating for health.

What Do You Think About National Military Training?

(Continued from page 37)

that, while I am in favor of the universal military training it is proposed to give in established camps for that purpose, yet I believe that it leaves much to be desired, for it aims as its principle objective to prepare our young men only to meet possible military emergencies. Far preferable, from the health standpoint, in my opinion, is some plan under federal direction and guidance for a practical course of compulsory physical training which will include both boys and girls. Nor can I conceive of any other single measure that can do more to promote the nation's physical fitness.

"Whether or not the league of nations fulfils expectations," continued the Doctor, "there is no possible doubt that we

are entering upon a period of intense commercial and industrial competition in which more than ever before the outcome will be largely influenced by the people's physical fitness. Lloyd George well indicated this situation when he said: 'You cannot maintain an A-1 empire with a 3-C population.' We of America should study the lessons disclosed by the draft examinations, and at once take steps to correct the conditions responsible for the poor showing.

"For that it was a poor showing, no one can deny. It gives pause for serious thought when we learn that out of more than three million men examined—men whose ages should have constituted them the very flower of American manhood—

only seventy per cent were found to be fit for full military service! And analysis of the various causes for which the drafted men were rejected in the physical examinations shows that many of the conditions disclosed could have been prevented or corrected, especially if there had been proper health supervision in early life.

"This is quite evident when one surveys the rejection percentages as classified by causes. These causes have been scheduled in this table," explained Dr. Blue, presenting to the writer the following memorandum showing the principal causes of rejection and the percentage of each.

Causes	Per Cent of All Rejections
Total rejections for all causes.....	100.00
Alcohol and drugs.....	43
Bones and joints.....	12.35
Developmental defects (Height, weight, chest, muscles).....	8.37
Digestive system.....	.53
Ears.....	4.38
Eyes.....	10.65
Flat foot (pathological).....	3.87
Genito-urinary (venereal).....	1.33
Genito-urinary (non-venereal).....	1.35
Heart and blood vessels.....	13.07
Hernia.....	6.04
Mental deficiency.....	5.24
Nervous and mental disorders.....	5.07
Respiratory (tuberculosis).....	8.67
Respiratory (non-tuberculosis).....	1.67
Shin.....	2.68
Teeth.....	3.16
Thyroid.....	1.76
Tuberculosis of parts other than respiratory.....	.88
All other defects.....	3.06
Cause not given.....	5.44

"A little consideration will show that any program of preventive and corrective measures designed to meet these defects must begin very early in life," declared Surgeon-General Blue after commenting upon the causes of rejection showing the greater percentages.

"Such a program should begin even in the previous generation, in fact, for only in this way can any considerable reduction be affected in some of the conditions enumerated, such as mental deficiency, nervous and mental disorders. A large measure of health supervision must be exercised in infancy and childhood, for it is at this period that proper preventive and corrective measures are most successful. That so large a proportion of the draftees were found with 'developmental defects' indicates the need of greater attention to proper physical training and to the important subject of malnutrition.

"Progressive health officers realize that the general adoption of some form of compulsory physical training in the schools would effect a decided improve-

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CATHERINE CALVERT
"Romance of Underworld"



LEAH BAIRD
"The Capitol"

Play Famine

There is an absolute dearth of play material to meet the needs of the present year, and the situation is growing worse. Last year only 15,000 plays were produced, and the supply was inadequate then. This year 30,000 are needed, and next year doubtless 40,000. *Where are they coming from?* Since the beginning of the industry the book material, novels, short stories and even stage plays, have been drawn upon until the supply is practically exhausted. Producers agree that the only solution for the problem of play scarcity, is the training of new writers, and infusion of new writing blood.

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Our sales bureau is an expert organization of experienced play agents with entree to Producers, Directors and Stars who buy plays. It operates on a commission basis. Its services cost you nothing, until, through the sale of *your play*, they have landed you in the profession of Screen writing; then you pay an agreed commission, upon an agreed price for your scenario.

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PHYSICAL CULTURE FOR JUNE

DON'T MISS THESE FEATURES:

"Keep Fit" Lowden

By Richard M. Winans

PERHAPS you already know what you can learn from Frank Lowden—the business executive of the State of Illinois—about business government, because of the record that he has made in his own state. But do you know what you can learn from Frank Lowden about keeping fit for a big job? That is the subject of a great personal story presented through an interview by Mr. Winans in the June PHYSICAL CULTURE. Lowden's fighting, working boyhood, his vigorous, active manhood and his scheme of relaxing outdoor life and recreation, as revealed in this story, will carry valuable lessons not only to other executives but to every human being who has work to do and who desires to do ever better and better work. Don't miss this story.

How Music Keeps Schwab "In Tune for Work"

By Charles D. Isaacson

IS music useful as well as pleasurable? Do you think that music would help you to do more work and better work? Charles D. Isaacson, in an article on "Working Harder Through Music" presents not only an interview with Charles M. Schwab, in which the latter tells what music does to keep him in fine fettle for work, but an account on how other big business men, literary men and others depend upon the most valuable as well as the most delightful of all stimulants as an aid to creative effort. Read this article and learn how music also promotes better work in shops and factories, then judge as to its influence and possibilities in your own case.

The "Why" of Leadership—Take a Tip from History

By Rufus W. Gaynor

IF you desire to be the Big Noise in your own line, the Poo-Bah of Power, the Sultan of Success, the Amir of the Arrived, then read this breezy, peppy, punchy expression of what makes the men who make history. Mr. Gaynor has made his own analysis and interpretation of history and the June PHYSICAL CULTURE will publish the result, with illustrations by Johnny Gruelle. See what happened to Samson, Goliath, Alexander and others, and then watch your step!

Is a Street Fight Ever Justifiable?

By Marshall Stillman

DOES a street fight ever pay? Does war ever pay? On the other hand is it always possible to avoid trouble? Marshall Stillman discusses the ethics of street-fighting in the June PHYSICAL CULTURE, among other things quoting Theodore Roosevelt, who said, "Never hit a man if you can help it, but if you have to, put him to sleep!" Read this article on the value of preparedness and learn the spiritual value of a knowledge of the art of boxing.

What Would You Do in This Case?

By C. E. W.

THERE is nothing so interesting as the intimately personal problem. For instance, what would you do if you were a hard-working girl, the sole support of your mother, after your younger sisters had all married off, while your objective, the young man in the case, also supports his mother? Suppose you felt that you could not afford to marry, certainly not to bring children into the world. Your duty to your parent conflicts with your duty to yourself and to your potential children. Read this young woman's extraordinary letter, and the editorial analysis of the case. What would you do?

There is another problem, "Does a Woman Marry Her Husband's Entire Family?" Should she submit to his demand that she live with his folks, who quarrel with and boss her continuously?

Again, "Should an Old Bachelor of Forty Marry?" Read the poor fellow's pathetic letter, then the analysis of his case, and see what you think. Read the beginning of this department on page 46 of this number, as a sample.

After you have read this number of PHYSICAL CULTURE you will have realized what this always live and aggressive magazine stands for. You will understand why the next number will be interesting, helpful and stimulating.

You Will Find **PHYSICAL CULTURE** for June

devoted to

Better Bodies and Better Brains

ment in the physical fitness of the people. The work in physical training should be intimately related to the medical inspection and health supervision of the school children, and also to well planned health education. No attempt should be made to make athletes of all the students. Every effort should be made to discourage the present system of student athletics whereby the work of a few 'star' athletes is watched by a large number of students who do not participate in the games.

"If possible, the supervisor of physical training should be a physician experienced in public health matters, and the work should be carried on in intimate coordination with that of the local health authorities.

"Physical training," concluded Surgeon General Blue, "should be compulsory for all school children. It should, of course, apply to both sexes, for the physical fitness of the nation's future mothers is certainly no less important than the training of young men."

Senator George E. Chamberlain, of Oregon, for several years the Chairman of the Senate Committee on Military Affairs, and sponsor of the military training measure known as the Chamberlain-Kahn Bill, has been one of the most ardent advocates of the compulsory training proposition.

"It will teach our young men sanitation and hygiene," said Senator Chamberlain. "I recently saw the remarkable statement made by a man in authority, that although America had lost thousands of young men in France, by actual death upon the battlefield and from disease, that the lessons which these young men learned in camps under the instruction of trained officers in the United States, saved more men actually than we lost on the battlefield.

"Every American should read the recent report of the Surgeon General of the Army, and there note what he has to say about the thousands of young men who came into the army of America afflicted with social disease, young men who under the old system would not have been admitted to the service. But they were taken into the service, and they have been cured of these diseases. These young men and the others who were not so afflicted, have learned lessons that will do more to protect future generations than any lessons they ever could have learned in civil life under the present methods of instruction in America.

"But, aside from that it develops the man physically and mentally. I have seen young men going off to join the armies of the United States across the water with sunken chests and stooping shoulders, and I have seen these same young men come back splendid upstanding fellows, with chests out and head and shoulders erect, showing that the army and the training that they had received here and abroad had made them real Americans.

More Light on Tuberculosis

By Dr. J. Ford Johnson

IN an article entitled "Melodies and Maladies," setting forth the author's idea of the employment of music as the curative agent, Mr. Charles D. Isaacson suggests singing, chorus singing, out of doors and all that—any kind of singing, just so it opened the lungs and gave one more air and more exercise—as a cure as well as a preventive of tuberculosis—the idea evidently being that which, most unfortunately, has found lodgement in so many minds of both laymen and physicians, namely: that tuberculosis can be cured by exercising and developing the lungs.

I hope the author of that otherwise remarkably helpful and interesting article, should he read this, will study it in the spirit in which it is given, not of criticism, but of fraternal kindness and a pervading, all-compelling sense of duty which only a physician, a teacher, an artist, or a commander can feel. It is not strange that Mr. Isaacson, a musician, should make this mistake which at least ninety per cent of physicians of all schools and physical culturists to-day are making even to-day.

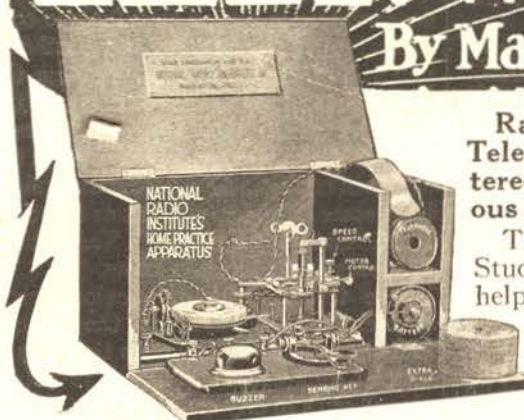
But notwithstanding that, his idea is just about as good as that of insuring a small boy's life by giving him carte blanche with a hammer and a can of nitro-glycerine.

Before going farther, I think I had best qualify myself as a competent witness in this discussion. In the first place I understand physical culture methods. I approve of them most heartily. I teach, preach, prescribe, and personally practice them. I began with Warman's exercises twelve years ago, and during my ten years' practice as a chiropractor, I have consistently studied, experimented with and applied all the prominent systems of exercise, diet and hygiene (both mental and physical). I used the exclusive milk diet for constipation, gastric ulcers and diabetes eight years ago. I know Kellogg's "Hydrotherapy," Christian's scientific eating, and for the last few years, McFadden's "Encyclopedia" has been my text book, reference library, and "Materia Medica" in the daily problems of the healing, care and instruction of the sick.

I also know tuberculosis. I have lived with it five years, fighting it, with my own life as the stake. I have been conquered by it, brought down as near to dissolution as is possible, and in turn have conquered it, and am rapidly regaining my former strength and usefulness. So I know from personal experience what will not, as well as what will, cure tuberculosis. And, incidentally, I might add that I have been an amateur singer myself all these years, choirs, choruses, home singing, etc.

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Singing and deep breathing (and anything that causes deep breathing or increased blood pressure) for tuberculosis patients, are like the little boy's hammer and dynamite. I believe I am extremely conservative in saying that for one consumptive you can cure by such methods, you will kill one hundred. Of course, the one cured will praise the method, and the hundred dead will not say a word against it; so, for publicity purposes the ayes will have it. As a doctor that might have some appeal to me, but as a patient I am "teetotally ag'in it." The patient has some rights too, you know.

The trouble with tuberculosis as a problem for the physician, the teacher, and the physical culturist, is that it is so darned exclusive in a way. It stands alone; isn't in any class; has no family, no relatives or even familiars in the multifarious family of diseases.

When we tackle it we have no data from experience with other diseases; no rule of practice to go by, for it breaks all rules. It is the most deadly disease we have, as now understood, yet the most curable. Experiments, autopsies, etc., in the hands of a few physicians of late years have proven that about seventy-five per cent of the country's population has had tuberculosis infection at some time in life and at least ninety per cent of that number got well without even knowing they had it.

Yet statistics show that tuberculosis is first in the list of death causes. It has all the ear marks of a chronic disease, and so we have long considered and treated it. Yet more careful analysis proves just as conclusively that it is always an acute disease. It is both and neither. Hence our mistakes: hence all the popular ignorance about it and fear of it; and hence its terrible death rate.

Let me elaborate. Tuberculosis is considered a chronic disease because of its extremely slow encroachment and its long duration. A chronic disease presupposes certain conditions: impairment of certain organs and functions, retention of waste, inactivity of certain parts and increased burdens on others. Naturally the cure of such conditions under any school of thought or practice must fall into the same general scheme: first, removal of its cause; second, increase of elimination; third, stimulation of the impaired organs and functions.

But a close study of tuberculosis clearly shows it has no analogy to any of these conditions. There is no general impairment of organs or functions. The only portion of the lung impaired is the exact spot of the tubercle. There is no retention of waste—rather an excessive elimination all over the body, hence the name "consumption;" i. e. the body being consumed. And certainly there is no inactivity of any part, rather an increased activity of all parts. So none of the methods applied to chronic diseases can apply to the cure of tuberculosis, except in a vague way.

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Then we should say tuberculosis must certainly be an acute disease and subject to some phase of the general procedure against acute diseases. Yes, it is partially, but only partially. The first general condition in determining an acute disease is its onset or rapidity of development, and herein tuberculosis entirely fails to class. But in other respects it very closely approximates the general rule for determining acute diseases. Without going into needless detail, the tissue irritation phase is the same, as in most acute diseases, likewise the toxic phase; and if we can transpose our minds to the key of months instead of hours in the matter of time, the same general rules for treatment must be applied—with exceptions.

And this applies more particularly to physical culture and non-drug methods than to medicine. To us the one outstanding feature of acute disease is congestion and its one specific, unapproachable cure the fast. That is why we are fast taking the "acute" diseases out of the "regulars'" hands. But in tuberculosis there is no congestion in the above sense; and a fast is of all things most fatal.

The one point upon which all schools agree in the treatment of such diseases as typhoid, pneumonia, etc., is: "Put him to bed and keep him quiet."

We know we cannot hope to succeed otherwise. We also know that if the patient gets up too soon, or worries, or talks too much, or is allowed to read too much, in short, uses his strength in any way too soon, the result is a relapse. And tuberculosis is just such a dangerous acute disease in one of its phases.

This is the keynote of any successful treatment of tuberculosis. More, it is the absolute essential, the "sine qua non." Why in the name of common sense, of science, and of honest God-fearing duty, we have waited so long to see and understand this patent fact I do not know.

I only know it is so. I know now that I contracted tuberculosis during a period of six months of cruel over work and loss of sleep in 1913, and that three times I got better during short periods of rest, and each time went down again under my work.

But the argument is stronger still. I stated that tuberculosis would not class, that it was neither a chronic nor an acute disease, yet both.

In its last analysis, tuberculosis is a traumatic injury! Now, get that and follow closely. It is an actual injury, a wound inflicted upon the tissue of the lungs by a living organism. And its cure must first accomplish the healing of that wound and must follow the procedure of all wound healing. Would you exercise a cut finger to heal the wound upon it? Would you advise your patient to walk upon a broken leg to promote union? There is just as much sense in that as in singing or deep breathing for tuberculosis.



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The New Way to Strengthen the Eyes

Are your eyes weak? Is your sight impaired? Do you suffer from eye headaches? Here is a message of happiness for everyone with weak eyes or poor sight

By BERNARR MACFADDEN

WHAT I am about to tell you will seem wonderful to many people. Some will doubt—some will immediately grasp the significance of this new discovery. And to many who suffer the annoyance and uncertainty of weak eyes and the strain they impose on the whole body, these words will mean freedom from the inconvenience of glasses and the regaining of strong, healthy eyes.

For by a new method, without the use of glasses or medicines, many common, everyday eye troubles can be banished. Weak eyes can be made strong.

If your vision is defective and you put glasses in front of your eyes, you're treating the effect rather than the cause. For glasses do not correct the cause of most eye troubles. Instead, the eyes learn to depend upon them and get weaker every day. But if you go to the root of your eye trouble and correct the cause, then you have a permanent cure.

The eyes are controlled by a set of muscles and nerves, just as every other part of the body. Whenever we turn our eyes in any direction or change their focus from one object to another, a set of muscles does the work. The primitive man had few eye troubles. His head was held high. His eyes were always roving from ground to sky, from rock to tree, from stream to wood.

But the habits of modern life have changed man's use of the eye. Now our sight is focused on the ground "watching our steps"—on a level just before us or on a newspaper or book. Thus some of the eye muscles are being over-worked—some not exercised at all. The result is a multitude of common eye troubles.

SOME years ago, a month of severe eye strain—night and day—had hurt my eyes so much that a printed page looked like a black blotch. My eyes watered and pained constantly and I felt that I was in danger of losing the precious gift of sight. I knew that if I started to wear glasses and wore them long enough my sight might be saved, but my eyes would always be crippled. What I was looking for was a way to make my eyes permanently strong.

I knew that the eyes are controlled by a set of muscles and nerves, just as every other part of the body. And when these muscles get weak and refuse to work—when they get too tight or too loose through strain or improper use, the result is one of the many common eye troubles.

I was convinced that the muscles of the eye were no different from any other muscles—convinced that they could be strengthened in the same way that you can strengthen the muscles of your leg or arm. And with a few simple principles of eye exercise I started out to make my eyes strong.

At once I felt my sight was improving. In a comparatively short time my eyes stopped watering and all pain disappeared.

My sight got so strong that I could read without strain under any kind of light—could see clearer and further—and had a keener, more sparkling look than before my trouble. I have never worn glasses and today at the age of fifty-one my eyes never strain nor water at the finest type.

SINCE then the simple rules which I used have been put into practice in thousands of test cases. Scientists and Ophthalmologists high up in the profession have tested out these new principles and they have always made good.

Of the many cases taken for treatment hundreds were given immediate relief from all kinds of



BERNARR MACFADDEN
The author of this illuminating article on the cure of the eyes

troubles—scores of others were completely cured. Then these new methods were tested in the public schools and thousands of little children were cured of eye troubles, entirely without the use of medicines or glasses.

With the assistance of one of the world's leading ophthalmologists I have put these new methods into a course for personal, home-application. It is complete in 28 lessons and is called "Strengthening the Eyes."

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YOU can test these principles of eye education out in your own home without a cent of cost. Just mail the coupon and the entire course comes to you at once.

The very first reading will show you all you want to know about the eye—its construction—relation to the rest of the body—and the way it sees. You will learn instantly how to test your own eyes and just how to start to get immediate benefit.

Cross section drawings show plainly the whole mechanism of the eye—muscles and nerves. Photographs of defective eyes make clear the real reasons for poor sight. Your own trouble is clearly illustrated. With this knowledge in mind it becomes easy for you to correct your defective muscles and gain strong sight.

It only takes a few odd minutes each day. No trouble, whatever, no manipulation or massage. No instruments or appliances. Just natural muscular exercise builds the eye, corrects the cause of troubles and brings it back to normal strength and vigor.



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More, in fact, for every time you open one of those wounds upon the body you not only irritate the wound, but scatter great hordes of bacilli into surrounding tissue.

Going still further into the nature of tuberculosis, it is, in some respects, analogous to snake or mosquito bites. Destroy all the snakes and mosquitoes and the bites would be no more. And that brings us to the cause of tuberculosis, and, we hope, ultimately to that reasonable and wholly possible consummation, its prevention and ultimate eradication.

Briefly, tuberculosis is caused by implantation and colonization of a number of tubercle bacilli in the tissues of the body, preferably the lungs. However, it is infectious. It is said that it takes at least twenty-four bacilli to form a colony on even the weakest lung; and that millions in a lung of ordinary strength. These bacilli are of the vegetable kingdom, and are absolutely incapable of movement of their own, in any medium.

They must be carried upon some substance such as dust, water, etc., from one person to another. Hence, with proper care, there is no danger of communicating it to your family or friends. Promote paper handkerchiefs to cover mouth and nose while coughing or sneezing, paper cups to expectorate in, and burn same. Never use common drinking cup or dishes.

This brings us to the cure. As the first consideration in any cure is the removal of the cause, and as we know the cause is nothing but the little helpless bacilli, the rest would seem absurdly simple. And it would be—but; and here is where the medical profession went wrong, and they discovered that only one agent existed that would kill the tubercle bacilli without destroying the tissues of the lung. That one agent was sunshine and air, and couldn't be applied directly to the human body.

You can kill him outside: you can throw him out after he gets in by keeping the whole body fit all the time; but once he gets a hold, you can not kill him and throw him out. You can prevent him, but you cannot cure him. The only thing you can do to save your life is to build against him. Let Nature have her way and give her proper material and there is no need of anybody ever dying of tuberculosis. But you must let Nature have her own way, not yours.

The thing that actually happens in the cure of tuberculosis is this: Nature in her own way builds a wall of scar tissue around the bacilli colonies, thus shutting them off, imprisoning them where they can do no more harm, and healing the wound they caused.

Her way, as I have already shown, is healing all wounds. It is not enough to stay in bed only till the fever leaves—the cough stops or you feel well. The only safe time to get up is when an expert diagnostician of the lungs says the every sore is healed and every scar laid

and strong. Now, when I say rest, I mean rest in bed day and night. I mean go to bed as soon as you find you have tuberculosis, have your meals brought to you, read, write, and talk but very little; have no more than two hours morning and two afternoon for all of it. Spend the remaining twenty hours in as complete relaxation of mind and body as possible. Sleep all you possibly can. And have your bed always in the open air, either on a porch or out of doors entirely.

Of course, if you can, seek the best possible climate, where the sun shines the most, yet is not enervating. If possible select a good sanatorium in such a climate. If your case has progressed to an immediately dangerous stage, by all means do this. Do it anyhow if you can afford it. There are many such places throughout West Texas, Arizona, New Mexico, Colorado, and California.

I have left the question of materials to be furnished for Nature's task to the last purposely. I am writing to physical culturists, and they already know the answer. The body must be fed to its fullest capacity of assimilation. For this, there is nothing so good as the exclusive milk diet. It is too large a subject to cover in a paper of this kind, but you have available an absolutely complete and perfect treatise on this subject in Macfadden's "Encyclopedia," volumes three and four. The whole idea in this is to feed the body that which it can handle best to produce the most tissue.

I could give you reams of the most interesting statistics. Could cite case after interesting case I have seen to show how some have conquered seemingly impossible conditions by steadfast and patient adherence to the rules I have suggested, and how others nearly well have forfeited life for the gratification of some whim or desire for pleasure. But I think that unnecessary. I will only add this bit of personal history for those who already despair.

I came West nearly a year ago, expected by all who know me to die any day. Nearly one-third of one lung was gone, the rest of it and the other badly involved. I weighed one hundred and nine, though nearly six feet tall, had a pulse of one hundred and twenty, and felt my last days were near.

I went to bed. That was ten months ago. I am now my normal weight, normal pulse and temperature. My lungs are healed, I have no expectoration, and feel fine but I'm still in bed. And I will stay there several months yet. Then I will begin to walk a little first, then a few setting-up exercises, then in the years to come back to my old self—no, better self. "But it takes so long," you wail. Yes, my friend, it takes a long time—but then, what is time to eternity anyhow?

I hope to be able to sing and to feel like singing some day, but I know better than to attempt now to sing my way back to health.

Banish Constipation by Nature's Methods

By BYRON TYLER



I AM 75 years old, but gloriously well. Many of my friends call me the youngest old man in the United States. I play golf, row a boat, and walk miles for recreation. My pulse is normal, my blood pressure low, and my arteries elastic. But, best of all, I feel well all of the time.

It is my conviction, based upon my own personal experience as well as that of thousands of others, that health is **natural**, and that ill health is really and truly a sin. I know positively that everyone who is now suffering from chronic diseases, loss of vitality and vigor, can easily regain health by the simplest of nature's cures. Let me tell you about my own case.

Twenty-five years ago I made my will. I thought my time had come. Twenty-five years ago, at a time I should have been in my prime, I was a physical wreck! Sounds unreasonable from a man, who at 75 is vigorously healthy and active. But it's the truth.

I had headaches almost all the time; I had backaches. I caught cold easily and the cold stayed with me. Worst of all I developed rheumatism. "Constipation is the whole trouble with you," a doctor told me.

Right then I reviewed my life. Since the age of 30 I had taken enough pills and other cathartics to stock a drug store. I had been over-eating every chance I got. I had been careless about chewing my food.

I thought it all out. I discovered that the secret of health—the cure for constipation, rheumatism and chronic diseases was nothing more than eating foods as Nature prepares them. I combined different varieties of Nature's food in the raw, uncooked state. I found it delicious, satisfying—renewing!

In a short time constipation—my trouble of 20 years—had disappeared. I lost my excess, flabby flesh. My rheumatism disappeared entirely. My business ability and energy returned. I was a young man again! That was 25 years ago, but Macerated Wheat, as I named this new food, has kept me young. By my discovery, I have enabled thousands of other men and women to become young again—and stay young.

You can eat your way back to health. There is no case of constipation not due to bowel obstruction that cannot be speedily relieved by eating Tyler's Macerated Wheat. Macerated Wheat is a food that remedies and regulates as it nourishes. It is made of clean uncooked wheat, containing all of the strength and nutrition of the natural

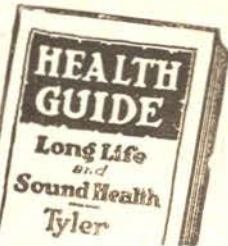
grain. It also contains raisins and nuts, valuable for their vegetable oils. These are combined by a scientific process into a delicious, palatable food. Since 1899 I have lived on a diet of Macerated Wheat, fruits, nuts and vegetables, and at 75 my health and vigor is that of a youth, with a blood pressure test of 118, while that of the average man of my age is from 160 to 210.

It doesn't pay to be ill. Everybody knows that this is true and yet government statistics show that over 300,000 citizens of the United States die each year from ailments caused directly or indirectly by constipation, indigestion and stomach trouble. Constipation is the penalty for eating the wrong kind of food, eating too much food, and chewing too little. When people break nature's diet laws, they pay the penalty in the thinning of the blood which goes with imperfect digestion and the slow poisoning of constipation. It cuts down vitality, poisons the blood, and unnecessarily shortens life.

You can enjoy perfect health. You can have the strength and energy that go with sound normal digestion. You can build up bodily strength by **nature's own methods**. Be young again! Know what good health is! Live to be a centenarian! How often do you hear people say—"Oh, if I could only get cured from constipation I know that I should be well and happy." You can banish constipation and all of its accompanying ills. Thousands of people have tried Macerated Wheat since I made the discovery. Their endorsement is the strongest kind of proof that it is the natural cure for constipation and other ills.

Tyler's Macerated Wheat is a real cure. It is not a laxative or a cathartic, but a food of high corrective values and as good as a confection. You'll like it immensely. And, it does not require any radical changes in your habits of eating. A few tablespoonfuls of Macerated Wheat taken before each meal, provide the necessary natural stimulation to salivary glands, stomach and intestines. This diet makes your whole digestive system function as nature intended it to, effecting a positive cure without inconvenience, annoyance or pain.

Simply fill out the coupon below and enclose remittance of \$1.25 (currency, money order or check) and I will promptly send you a 3-pound can of Macerated Wheat charges prepaid. Simple directions with each package will start you on the road to perfect health. Your money will be promptly refunded if you are not perfectly satisfied. If you prefer to know more about nature's methods of banishing common bodily ills before trying Macerated Wheat, send 10c for a copy of my "Health Guide"—a valuable 56-page booklet which gives you food pointers together with tables of food values and a host of hints on correct eating.



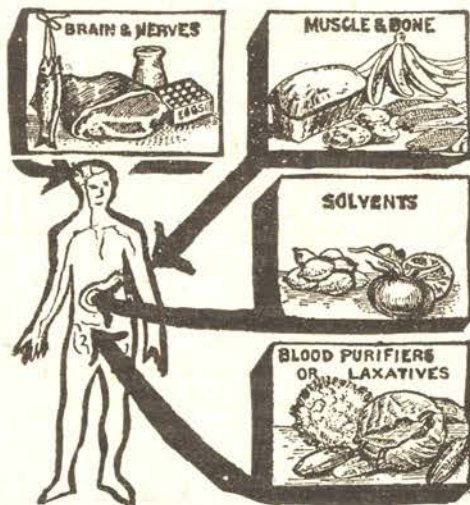
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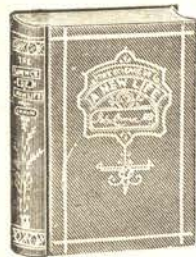
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A Tip from the Antipodes

By Jorgen Anderson

IN one of your articles I find the opinion expressed that all of your readers who have benefited by physical culture ought to give you their experience. I accept the dictum.

Once upon a time I passed through the Danish army and there I received my first baptism in physical culture. The "preliminary exercises" have stuck to me, and I to them ever since.

I never suffered from any disease or ailment and time went merrily on its course up to a few years ago, when I fell a victim to a vicious attack of asthma. It was brought on through ignorance and carelessness.

This was a new thing for me and utterly puzzling. Several doctors prescribed for me and looked at me as if to say: "It won't do you any good though."

One told me I could not recover from it, but added, "It won't kill you." I observed that the fewer clothes I wore the easier I felt. Also the less food I consumed—especially at night—made me feel better.

I used to be very fond of a Russian bath. Such a luxury cannot be obtained in this part of the world, so far as I know. The nearest approach is a "Turkish" bath, which might as well be called by any other name, and one of which was sufficient to cause me to detest anything "Turkish."

I had a tent close to my house and when the Australian sun was glaring down in all his glory and fury, I retired to my tent, took off everything, and rested for a couple of hours in the sunshine pouring through the canvas. A cold sponge bath finished the operation.

I kept this up for some time and it did me a lot of good. Then it came to me that my circulation was sluggish. When in bed I rubbed chest and abdomen with my hands, right and left alternately, until the whole body was in a glow. That was very good. I found that when practising deep breathing my difficulty in breathing was greatly reduced, regular deep breathing followed.

These are the main ingredients of the medicine which has entirely freed me from asthma. Not long after that I was visited by an attack of catarrh. For months, my eyes and nose were running, and another little nuisance in the shape of constipation waylaid me and held me for a long while.

I understood that physical culture would keep me from all this sort of thing. I had to convene a court-martial over myself. The verdict was: "Not thorough enough; too flabby and lazy."

I started to eat bran in the morning, after drinking a cup of cold water. I then followed deep breathing, "wriggling," and the "preliminary" done more honestly.

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Before I realized it, the catarrh and indigestion had departed.

My eyes have always been weak since I was a child, they are now stronger than they have ever been. Some very simple exercises did that. But I cheerfully admit that PHYSICAL CULTURE, and the articles appearing in it have been a great help to me at all times; not least, because the prevailing spirit in PHYSICAL CULTURE is optimistic, serene, and humorous, as is fit and natural in Mark Twain's country.

The "wriggling" referred to has been illustrated in PHYSICAL CULTURE; hands on hips, bending back and swaying body in a circle. The bran eating habit I have also acquired through PHYSICAL CULTURE. The essential thing is the simple fact that the human body has the power to protect itself to almost any extent against any disease.

But there is this to say, as I have myself experienced, there are two ways of doing exercises, even when you know the proper way to do them. One way is "the Government stroke," no more need be said about that. The other way is to do the exercises with all your might, with all the intensity of which you are capable.

It seems to me there might be inaugurated a league of nations in physical culture with Bernarr Macfadden as its first president. There should be a branch in every country.

President Woodrow Wilson's ideal: "Liberty from oppression for every race and nation," should be followed by President Bernarr Macfadden's ideal: "Liberty to all people from the oppression of ignorance and disease." This would be a logical extension of President Wilson's move.

It is surprising what a power prejudice, which is often fostered by downright laziness, has over the majority of people. There is no real objection to physical culture anywhere. However, it is one thing to concede that exercises and "moderation in all things" are beneficial, but it is quite a different thing between making such an admission and actually doing the thing itself. Knowledge is not a dangerous thing, but it is a useless thing unless followed by action.

However, there is a "soul of goodness" in resistance. It increases the power of those who fight the good fight and one day it will dawn upon the world that physical culture offers as compensation for indulgence and laziness, immunity from disease, greatly increased capacity for work, and healthy, joyful living in every direction.

"Why I'm a 100 Per Cent Boy at Fifty"

Next Month

Don't miss this "punchy," stimulating personal story in PHYSICAL CULTURE for June. It just missed being a prize winner in our great "How I Keep Fit" contest, being given eighth place by the judges. It will set you up on your toes, and especially so if you are anywhere near fifty.

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about Dr. Marden's teachings. They are clear, direct, personal. You will recognize their truth and their value to you as soon as you read them. And that they may have wide distribution throughout the world they have been put into a book called "HOW TO GET WHAT YOU WANT" (instead of into an expensive mail-order course costing from \$20 to \$50) so that they are within easy reach of everyone who reads this announcement. And then there is "The New Success—Marden's Magazine," which every ambitious man and woman should read in connection with the book, as it is brim-full of the success idea and carries Dr. Marden's inspiring message to thousands every month. By special arrangement both the book and a year's subscription to the magazine can now be secured for only \$3.50. Nor is it necessary that you risk a single penny to secure them, as Dr. Marden has stipulated that his book and magazine shall be sent on five days' free examination to every reader of "Physical Culture Magazine" who asks for them.

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When such men as these, and a host of others too numerous to mention, have felt so strongly the debt of gratitude they owe this man that they have not hesitated to acknowledge it in writing, surely you also can be helped to develop your latent powers, to fill a larger place in the world, to make a new success of your life.

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Would His Plan Cure You of the Tobacco Habit?

By Eugene Frizzell

IT was about twenty years ago that I first became interested in physical culture.

At that time I was twenty-two and although not what you would call sick, I never knew what it was to be well and was never very strong. Weighing one hundred and twenty pounds and being five feet eight inches tall, I was, as you can see, right where thousands of young men are to-day. I had been married for a couple of years and held a position where the hours were long and the work confining.

A little later our first baby was born. When she was ten months old we moved to another city where I took up a more trying position.

About this time I commenced to have trouble with my stomach. I had been smoking since I was fourteen but had given it up about a year before, thinking that it hurt me. I was troubled with sour stomach, liver trouble, and had bilious attacks about once a month. I think it did help some but only temporarily. I was wearing glasses, my eyes being very weak. As I commenced to be troubled with sore throat, I raised a beard thinking it would help me. Of course it only made me look forty-five.

Later I became so bad that I lost two or three days every week, and became so nervous that I couldn't sleep nights. I could feel myself slipping down hill; although I was going to the doctor's two or three times a week, and was taking all kinds of patent medicines. About this time our second baby was born. Here was I with a nice little family on my hands, my wife and babies enjoying good health, while I kept slipping downward.

Then came the turning point. In hunting through some old papers I came across a PHYSICAL CULTURE Magazine. I read it from cover to cover and decided right there to change my mode of living.

It was in January in a northern city with the thermometer around zero. I shaved off my beard, took my first cold sponge bath, shoved up my window for the first time in my life (as I had been taught that night air was harmful), put a cold cloth around my throat, and went to bed expecting to wake up in the morning with pneumonia.

But nothing like that happened; and to my surprise I was feeling better. I bought more magazines. We gave up breakfasts, tea, coffee, and meat. This we kept up for several years and even now our breakfasts do not amount to much.

I kept getting more enthusiastic, and lived for three months on one meal a day.

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all this time I was gaining in health but not in weight. We decided to go on a raw food diet. I drank from three to four quarts of milk a day and began to gain right off. I gained twenty-five pounds in six months. The foods we used at that time were nuts, milk, eggs, cheese, raw oats, rolled wheat, and all kinds of vegetables and fruits.

We lived exclusively on this diet for about two years and in that time not one of us was sick. I kept exercising, until I thought nothing of walking ten or twelve miles before breakfast, and could jump rope from ten to twelve hundred times without missing. I liked nothing better than a good blizzard in the winter with about three feet of snow. I would take a good roll in the snow, naked, with a rubdown before I went to bed.

About this time your magazine started an endurance contest. I entered it and received a gold medal for raising on my toes twenty thousand times in three hours. I have this medal still and prize it very highly.

Our second girl, now three years old, had never tasted cooked food as we raised her on raw oats, bananas, and milk. You will wonder I know why we didn't live on raw foods all the time instead of stopping. Well, when you live in Rome you must live as the Romans live. I found my business was slipping and that we were a little radical to mix with all kinds of people. We then started a little mixed diet.

My male friends said they wouldn't want to go through life without smoking or having any other pleasures, so I decided to take up smoking again to see if it would hurt me.

I can't see that it made any difference in my health.

I don't say that one should smoke to excess. You can overdo anything. By all means never inhale smoke. Do as the Indians do. Blow the smoke out through the nostrils if you wish but never breathe it into the lungs or it will affect your breathing. I found that if I took up a raw food diet I soon lost the appetite for tobacco.

About twelve years ago, the wife of one of my friends was called away for two months. He said to me: "I should like to come to your house to board and take up a course of physical culture, but I cannot."

"Why not?" I answered.

"I can't give up smoking," he replied.

"You don't have to. Smoke all you want."

He came. I started giving him large quantities of warm water in the morning, plenty of milk, eggs, and salad. After about a week he said that he had to get a new pipe. He bought one but it did not taste good and in a month he had stopped smoking entirely. He did not smoke again for a year. In the two months that he was at my house, he gained thirty pounds.

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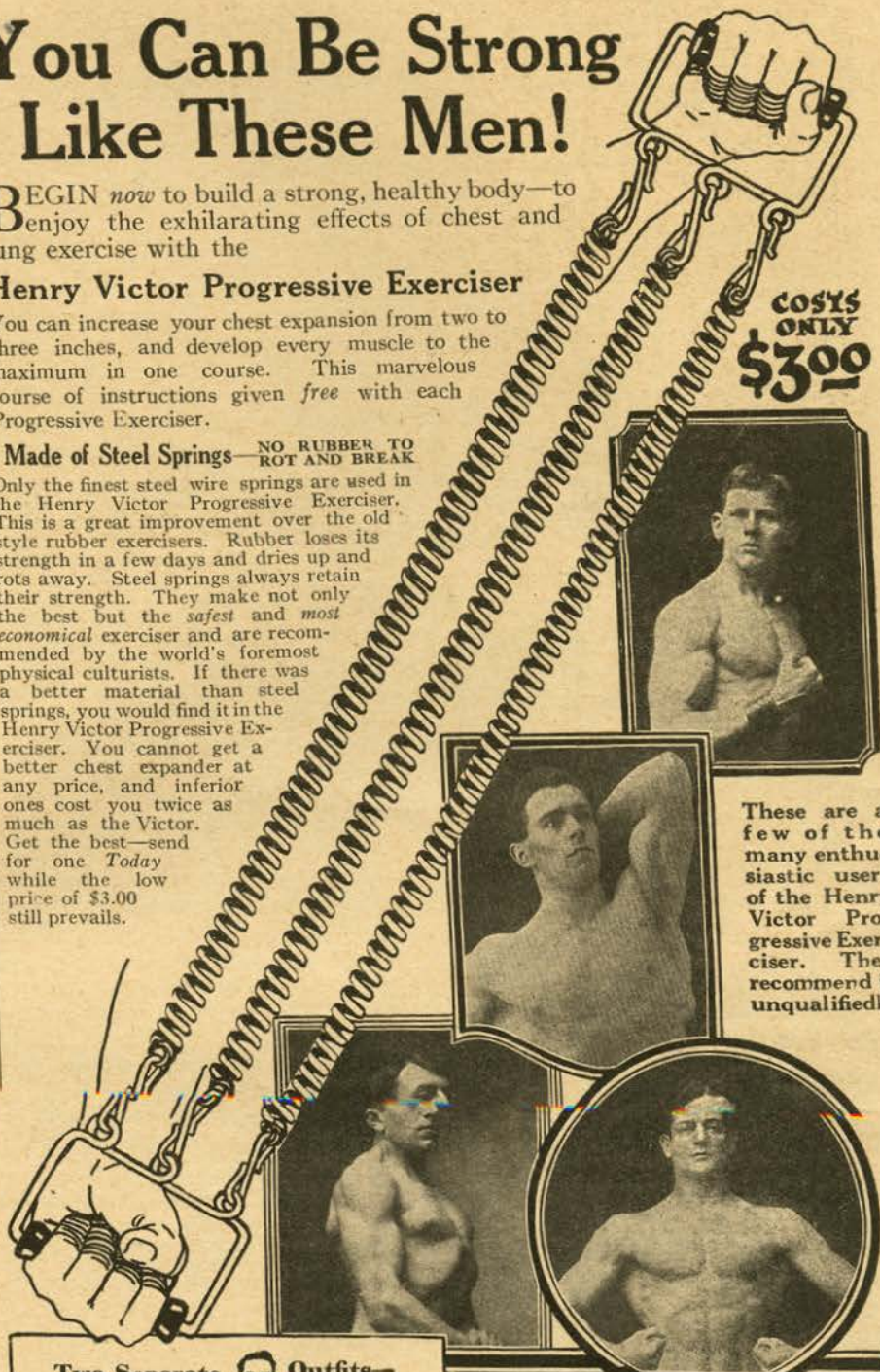
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A person in ill-health should neither eat candy nor smoke. I never smoke the first thing in the morning or when I am hungry—as it has a tendency to take away your appetite. I never smoke any thing but good tobacco. I am as particular about that as I am of the food I eat.

Last year I thought I would stop smoking again just to see if I could. I stopped for three months. I didn't notice any difference except that I craved more candy; which I consider to be as bad as tobacco if used in large quantities. I enjoy a good smoke as it helps me to relax after a busy day. I smoke for the pleasure of it, as we chew gum or eat candy.

As any of my friends will tell you, I can stop smoking any time I want to, because I do not crave tobacco as I did before I took up physical culture.

If one wants to stop smoking, fast one day and commence drinking milk, two or three quarts a day, and eat plenty of apples. The craving for tobacco will be gone in three or four days. To any one that is in ill-health and using tobacco to excess, my advice is to start exercising, bathe frequently, and get all the fresh air you can.

Practice deep breathing. If it makes you dizzy, lie down on your back on the floor and do it. Eat plenty of green vegetables and fruit. Leave meat and coffee alone. From my own experience, I don't think that any one can drink coffee every day without its hurting him.

My eldest daughter holds a responsible position in one of our largest stores here. My second daughter, who is sixteen, is in High School, carrying six subjects, and expecting to graduate in a year with high honors. My youngest daughter is eleven years old. She is in the seventh grade at the head of her class.

We are a healthy, happy family. Our girls like nothing better than a raw food diet. I will be forty-three my next birthday, and my wife admits that she is thirty. We feel younger than we did twenty years ago.

Used Milk Diet for Bright's Disease

TO THE EDITOR:

One year ago last November I was given up to die by the best medical men we have in the South, with Bright's disease, and my wife through a friend got a nurse who believed for some reason in "Bernarr Macfadden" (I found out afterwards she had a set of his books on Physical Culture, Diet, etc., and when I returned from a state of coma she was practicing "Macfadden" on me) and to make it short, I got well.

Today I am as well I suppose as a man can be. I owe my all to that nurse who had sense enough to throw all medicine away, and place me on the Milk Diet. I only wish I could assist you in advertising to the world the right way for men to live. Believe me I am living now according to Macfadden's teaching.

T. O. McCALLIN.

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"Dem Was the Happy Days"

By Agnes McCoy

There's a pretty little lesson in this story of a sickly girl who was a "good sport" and ready to learn when the opportunity came.

I AM a Southerner—yes from the southern part of New York. My old home was like one of many similar residences which surrounded it. My enemies called it a tenement but I referred to it as our "farm." There were four apartments on a floor and each apartment consisted of from three to four rooms.

If one belonged to the elite, one had the whole floor through, that is six rooms and they were certainly looked up to! Our apartment was on the ground floor and consisted of four rooms. Let me say right here that there was one thing we were blessed with down home, and that was children.

We had six; our next door neighbor had eight and our neighbor in the rear had five. We had a front room which we used for guests, or as we termed it "company." We had a large kitchen and two bed-rooms. We had no open fire place, no Southern exposure and we were not swept by balmy breezes. No Brussell carpets covered our floors but that apartment was scrubbed and cleaned every day and it always smelled so sweet and wholesome!

Our porch was a large fire escape upon which I sat every evening after dinner to cool off. My bedroom was not done in blue to match my eyes, neither did it have wonderful furniture. But it was a large and airy room, with a large clean bed in it. True the mattress was a little hard, but the coverings were immaculately clean and it felt so delicious to get between them in the evening!

I bathed not in a snowy white bath tub but the old copper kettle was filled with water and heated on the kitchen stove and then we were scrubbed and cleaned until we glowed and shone all over.

We were taught that unearned bread was undeserved bread; that twelve inches made a foot; that there were twenty-four hours to the day. That the air and the sunshine were good and they were ours just for the asking. We were each assigned certain duties and failing to perform them we received no pay—that is dinner.

Mine was to chop the wood and to see that the wood box was never emptied. Down in the yard I would go, with an axe upon my shoulder, out in the open, and for practically two hours chop away for dear life. Then I would sit down to a dinner of delicious vegetables.

Meat was beyond us and vegetables were cheap, but they tasted so good

Imperfect Elimination Greatest Enemy To Women

Why We Should Bathe Internally

By WILLIAM A. GRIFFITHS, Phm. B.

IMPERFECT elimination is the cause of most of the illnesses common to women. Most of the headaches and pains which make each day a drag on a woman's life and take the sparkle out of existence, spring from this source. Dull, tired eyes, loss of complexion, indifference to food, and lack of interest in home surroundings, find their beginning here. The woman is not to blame. Until she has learned the necessity of internal bathing and its consequent blessings, her condition will always be one of apathy much of the time.

The word Elimination as applied to the Human system means the freeing of the intestines from all waste matter which Nature intended should never be allowed to accumulate in the system. This matter if not properly and regularly moved off becomes a gradual poison to the system; is then taken into the blood until finally the system is overcome and various forms of disease are readily contracted. Rheumatism, Typhoid Fever, Headaches, Kidney Trouble, Impure Blood, Colds, Appendicitis, Hardening of the Arteries, and a great majority of Human Ills are directly traceable to this one cause: Imperfect Elimination.

Constipation or Retarded Elimination is to-day the greatest and most prevalent affliction of modern civilization, and is principally accounted for by our present mode of living, sedentary occupations, and lack of outdoor exercise. It is claimed by the best informed physicians to be the primary cause of almost every form of sickness and disease. We all realize this to be true, and seek to remedy it as best we can, but not always in the wisest and best advised manner. The use of drugs, under various names, is resorted to; Laxatives, Physics, etc. When eventually the so-called cure, which is only temporary relief, proves to be an aggravation to the trouble, large doses are frequently resorted to and finally a chronic condition is the result.

The writer has been connected with the drug business for thirty years, and has yet to learn of a single case of constipation that has been permanently relieved by the use of drugs of any kind. They cause temporary relief by irritating the membranes, thus causing a secretion to form. But these laxatives react as a poison to the system, gradually weakening the muscles, each dose lessening the natural secretion and are the most unnatural and harmful means of treating this most prevalent trouble.

Internal Bathing by the "J. B. L. Cascade" is Nature's own way of keeping these intestines clean. Just purified warm water is used to flush this Colon or Large Intestine. The system is then left pure and clean and Nature will do the rest in restoring you to perfect health. An occasional Internal Bath not only rids the system of all impurities, but keeps you in robust health, prolongs life, makes you sleep and eat well and feel equal to any occasion.

Nearly one million enlightened American women have proven these statements, and when a family knows the advantages of Internal Bathing the yearly doctors' bills, in most cases, are reduced to nil. A Jeweller told the writer a few days ago that the doctors' bills for his wife used to run about \$200 per year, but for the past two years since getting their "Cascade," no doctor has been needed.

Recently a well-known clergyman wrote to us as follows:

"My wife is naturally sensitive about having her name appear in public print, and yet she is anxious that others should know what 'J. B. L. Cascade' has done for her.

"For years she had been a great sufferer through constipation. She was ready to try anything. On the advice of a friend, she sent for a 'J. B. L. Cascade' and immediately upon using it she was relieved.

"That was about four years ago, and to-day she is a stronger and healthier woman in every way because of its use. You are quite at liberty to give in private my name."

Another letter reads:

"From personal experience, also from my various patients, who are using the 'J.B.L. Cascade,' I have no hesitation in recommending it to any person afflicted with Constipation or any troubles arising therefrom. Its benefits in such cases are felt at once, and it has certainly been the means of bringing about many cures from Constipation and various other troubles."

"I have much pleasure in recommending the 'Cascade.'

"Yours very truly,

"DR. RACHAEL M. SMYTHE."

Thousands of such letters from reputable men and women may be seen at our laboratories.

Now, whether you are sick or well, it will pay you to investigate the "J.B.L. Cascade." Nothing else has ever done so much to uplift the health of women and lessen disease as this wonderful invention of Dr. Chas. A. Tyrrell, of New York.

Dr. Tyrrell over twenty years ago restored his own health and prolonged his life many years by Internal Bathing after all other known means had failed, and thereafter devoted his study and energies in this direction. Dr. Tyrrell embodied his vast experience and those of others in a valuable and interesting book called "The What, The Why, The Way, of Internal Bathing," which you can have absolutely free for asking.

Send the attached coupon to Tyrrell's Hygienic Institute, 134 West 65th St., New York, and you will receive by return mail a book which has meant new life to thousands of women. It was written to aid women. It is sent free, without any obligation on your part.

Internal Bathing has become better known and appreciated during the past twenty years, and those who have proved its value have done most to spread its virtues by recommending the "J.B.L. Cascade" to their friends. If you want to regain your health, have a new lease of life, and enjoy your being, just send to-day for this interesting book, and when you have learned the advantages of Internal Bathing you will have reason to be thankful. Just write to-day before it passes from your mind.

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after such strenuous exercise! We always
had a pitcher of milk on the table;
remember those were the days before the
war. Or a nice cool drink of water from
the pump in the yard quenched my
thirst!

A penny, my allowance for the day,
bought me a piece of fruit. And when
my dinner was over, there were games
in the back yard, consisting of jumping,
running and all forms of gymnastics.
Then into bed at nine to sleep like a log
and to awake hungry! I'll tell the world
those were the days!

And although we were surrounded
on the north by Chinatown, on the south
by little Italy, and all around by a
little bit of the rest of the world, we
managed to develop into sturdy, fun-
loving, mischievous youngsters and not
into your advertised puny undeveloped
"slum kids." We were close to nature;
we were idealists; we were not quitters
and in the words of Kipling "we wouldn't
lie if you'd paid us and we'd starve
before we stole."

Our lives were simple, our thoughts
were simple. The sunshine was ours; we
saw that the grass was green and that
the air felt good. In a word we felt
that we were children of nature and we
loved our mother. We awoke every
morning with a delightful feeling of
thankfulness and in the vernacular of
my home town I say now; "Dem was
the happy days."

It may seem strange, but our mothers
and fathers were just as ambitious for us as
other mothers and fathers. They shared
our little successes and helped us bear
our disappointments. They pointed out
to us the right way to go and we showed
them all the respect and love we could,
because they were not only our mothers
and fathers but they were our pals.

This was my preliminary training;
this was my foundation; this was the
framework upon which I was to become
either a success or a failure; in a word I
was clean physically, mentally and
morally and the world was a wonderful
place to live in. True I had very little,
in dollars and cents, but was I not rich?
Physically, mentally and morally one
hundred per cent; what better gifts need
I ask for?

Then I obtained a position as a
stenographer and typewriter and took a
furnished room "uptown." There is
always a period in every one's life when
it seems that the sun stops shining, that
the Good Father above has forgotten
one—and I was in this condition for two
years. When I look back I can see the
causes; lack of proper food; not enough
exercises; in a word I broke all physical
laws and like a criminal I was "found
guilty." I was sentenced to two years
of imprisonment. I had eyes but saw
not.

The sunshine meant nothing to me.
The grass was not green. I heard not the
singing of the birds. Was this not a
hard sentence to pay for breaking the

laws of health? A leisure hour meant
not in the sunshine but a frantic effort
to get into some stuffy moving picture
house or a theatre.

Because of my physical condition I
was afraid of the sunlight! Mentally I
was chaotic; hyper-sensitive; in a word
I was sick; physically and mentally. I
became a veritable recluse; avoided
companionship; became easily excitable.
And this was the price I had to pay for
forgetting the laws of physical culture.

Came a time, when I was invited out to
dinner. Opposite me at the table sat a
gentleman who impressed me forcibly.
He was physically so clean. His skin
had the ruddy glow of health which
indicates a lover of outdoor life. He was
about forty-five years of age but he
possessed that quality of vim and ginger
that made him young while I—only
eighteen—was old. He looked as if life
meant a lot to him and that he was so
glad to be alive. He took such a keen
pleasure in everything he did. He ate
with such wonderful appetite; he talked
with such animation; in a word he was
good to look at physically—while I—need
I say more?

I became so fascinated that I only
came to, when I became conscious that
he was shaking his finger at me saying
sternly:

"Young lady, if I had your complexion
I would be ashamed of myself."

The whole table was electrified. My
hostess half arose from her seat. My
eyes filled with tears. Then it was I
thanked God for my early training and
discipline. I was no quitter—we had none
down on the "farm." I gulped and
swallowed hard. Then I said:

"Well tell us how you got yours; we're
all listening."

"Put it there girl," he said, extending
his hand. "I knew you were a sport; and
I am going to give you a good tip. Take
this magazine. Read it and then buy a
new copy next month."

I went home and read for two hours.
And I was transplanted to the days
back on the "farm" where we followed
your rules and regulations because we
knew inherently that they were right;
because we were lovers of the truth that
we had to be clean physically to get
nearer the truth; and then I realized
what physical culture meant to me, and
what I was going to make it mean
hereafter.

For two years thereafter I did what
you commanded me to, and one by one
the chains that bound me to the earth
began to break away and I looked up to
the sunlight instead of down to the earth.
And instead of saying as I used to
"Dem was the happy days," I say now,
"It is good to be alive." It is good to
feel the warmth of the sunshine; to feel
the cooling breath of air on my face; to
see that the grass is green; to hear the
birds sing; in a word to feel that I am a
part of this wonderful going world.

You Can Do It Too

By S. M. D.

I ONCE thought that sickness was not preventable, and that good health was not the birthright of all. Like the majority, I took it for granted that sickness was sent to me for my sins and the benefit of the doctors.

I am now thirty-eight and am so well that any physical movement is a pleasure to me. I like to work with my hands, walk, swim or dance. Keeping fit is so simple and satisfactory that like virtue it is its own reward. There is nothing that I do or deny myself that calls for any sacrifice. When I find that something lowers my physical ability then I do not want it. To me there is much more pleasure in being well and full of "pep" than in indulging in practices that lower my vitality.

One of the chief factors in my good health is eating to live instead of living to eat. No one could get more enjoyment out of their meals than I, for I bring to my meals an appetite that anticipates with real longing a lunch of oatmeal, baked apples and milk. I buy the best of food and serve it as simply as possible.

There is no need to paint the lily or to garnish good food. Fruit is eaten either raw or stewed as no amount of preparation will improve the taste or value of fresh, ripe fruit; this with vegetables and grain form the bulk of my diet as I rarely eat meat or eggs. Nuts and candy, if eaten at all, are taken to the table as part of the meal.

If I find that I am gaining in weight or that I am getting that tired feeling, that is the battle cry of patent medicine fakers, I do without one meal a day; either breakfast or lunch. Doing without either of these meals causes me no discomfort, but the habit of eating the meal I have prepared gives me some trouble, as I am apt to forget and eat before I think.

I take no medicine, laxative, bran or roughage, other than that in my ordinary meals. Six glasses of water a day, well-balanced meals and exercise keeps a perfect balance between what I eat and digest, and what is thrown out of the body.

In the matter of resting I am rather radical, for I cannot rest in chairs, which are rarely comfortable, but if possible, I lie down perfectly flat on couch or floor, and relax every muscle for fifteen minutes. That length of time three times a day will keep a person's reserve built up better than two hours spent in a rocking-chair, reading or sewing.

Fancy work is absolutely taboo with me. If all the time spent by delicate women doing fancy work, was used in physical exercise, or lying under a tree on their back watching a bird building its nest, while they filled their lungs with pure air, the world would be much happier and just as pretty.



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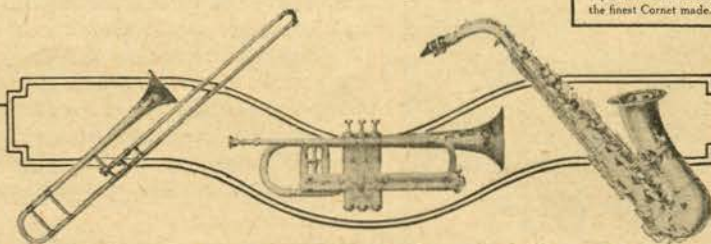
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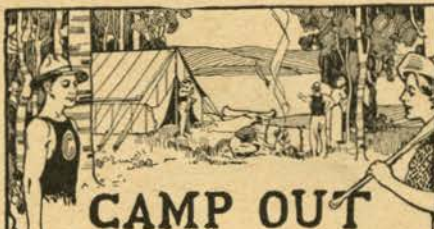


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At least one-half hour a day is spent in my room each morning in exercising and contrary to the general opinion it is not tiresome. My aim is to reach every muscle in the body each day, but I vary the movements every few days besides doing the old ones with more snap. For example, I bend and touch the floor with finger tips; then with the palms of the hands, then to vary, I stand on tip-toes while doing it. After the habit of exercising in the morning is formed it is no more trouble than dressing. I do not feel that the day is rightly begun should I neglect it.

My daily bath is taken in the late afternoon or just before retiring, insuring a clean body for the night; this is followed by a rub with a rough-dried, rough towel held by the corners and I find this constitutes quite a gymnasium course and lots of fun.

Keeping young is another way of expressing the title to this sketch, and is largely accomplished by getting new interests in life; by learning something new or doing something in which you are interested.

Take walking for instance. I walk a mile every day but this is only a nucleus as I often add as many as eight more to this if I have the time. I love to climb hills to see what is on the other side; I love to hunt wild flowers in the rain; I love to gather nuts in the autumn woods with falling leaves rustling as I walk; I love to walk under snow-laden trees through which the sun is shining, making a scene so indescribably lovely that I can only say: "How beautiful is Thy handiwork, O Lord."

Around my present home in Georgia there are little green tunnels leading to pretty little homes where nice friendly people live, and there are fine state roads built over salt marsh that is constantly swept by sea breezes.

I hesitate to mention gardening as one of my cure alls, for it is hard for me to stop when I begin to enumerate the benefits derived from it; they are threefold, spiritual, mental, and physical. A

garden with me is a fad, an inspiration, an obsession, a thing of beauty and a joy all the time.

It is the one thing at which I can work from sun-up to sun-set and not have nerve fag. My body will be tired but it is a delicious hungry tired, that sends me to bed early for a long night's sleep. Every hour spent in the garden has some new and absorbing interest that keeps you undecided whether to run in the house and see what your Garden Guide says about it, or to keep on digging.

From the time I step into my dewy, sparkling garden, and find a cut worm which I grab by the tail and throw to the robin hopping half-afraid over the plowed ground, until I put the last little plant to bed with a drink and a little more cover round its feet, it tells me a wonderful tale: that our Creator wants us to be happy and healthy. Was a gardener ever an atheist?

Learning to swim after I was thirty years old was not the work of a day by any means, but I do not begrudge the days it did take; it is a very adventurous small boy who is in the "old swimmin' hole" before I am in the spring. I do not wait until the Ladies' Aid Society turns out on a sandy beach in fancy costume, but I go with the little boys and girls who otherwise would not be allowed to go—and besides winning their undying friendship, have a royal good time. I might add to interest the ladies that I come home looking and feeling younger than I did at twenty-five.

Last, but not least, I trust God and practice that virtue that won Abou Ben Adhem honorable mention.

For fear some might say I put in all my time keeping fit, I wish to tell you that since the first of Nineteen-Eighteen until the following March I worked eight hours six days a week for Uncle Sam, kept our little house, and did the cooking for my husband and self. In that time I was not sick one day. Though hundreds all around us had Flu, we escaped; it did not dent the armor I wore of pure blood and a clean alimentary canal.

How Many People Read Your Copy of this Magazine?

In view of the present shortage of paper, to say nothing of its almost prohibitively high cost, it becomes desirable that as many persons as possible read the same copy of a magazine. It has been suggested to us that the practice of loaning PHYSICAL CULTURE from one family to another is an excellent way not only of economizing on paper, but of spreading the splendid educational influence of a magazine such as this.

Obviously any interesting magazine introduced into the average home is bound to have more than one reader. The question remains as to how many? Publishers have from time to time endeavored to estimate the average number of readers of each copy of their magazines. A very popular estimate some years ago was five readers per copy. We wonder, however, if the number of bachelors and "bachelor ladies" who buy magazines were sufficiently considered in the making of this estimate. Of course this five to one theory sounds big when one talks circulation.

How is it in your home? The editor would be interested to know how many people read your copy of PHYSICAL CULTURE. The next time you write to us to renew your subscription, to suggest improvements editorially or artistically, or on any other subject, just include this information. We will be grateful.

A Forum for Physical Culture Girls

Conducted by
Marion Malcolm

This Department is a personal experience forum in which our Physical Culture Girls may by word or picture relate their physical culture experiences—in health building, in athletics and outdoor life, etc.—and tell what physical culture has meant in their lives. For letters and photographs published in these columns we shall present the contributor with a sterling silver Macfadden League brooch. If the writer personally gives details of her own experiences, a year's subscription as well as a pin will be awarded to her.—The Editor.

Dividends in Health

TO THE EDITOR:

Health is the most important factor in the life of every human being. It brings the most happiness and appreciation of the things in life that are worth while.

Those who have been fortunate enough to escape afflictions from illness do not realize how sweet it is to be well, but those who have suffered know the blessings of health restored and learn to value it. I worked in an office and usually felt "all in," at the close of the day. I had no patience to study evenings, lacked initiative and was listless.

One day a friend of mine told me of a gymnasium in our neighborhood, in the evening high school. I enrolled as a member of one of the classes and as long as I live, will be thankful that I did so. It was just the kind of relaxation I needed.

We were taught military tactics, apparatus work, calisthenics, esthetic dancing, folk dancing, games, such as basketball, indoor baseball and other innumerable stunts. The music played as an accompaniment to the exercises was splendid. That in itself, to me, was a sure cure for all ills.

How I did love the folk dances, no two alike and each one more delightful than the last. I liked the other dances too, and was happy when I could "trip the light fantastic." I liked the rings from which we learned to swing so that I felt like "a bird on the wing." I enjoyed the races we ran. My heart would beat fast not only from participation but also in the anticipation of winning.

At first, I felt awkward, all hands and feet and painfully self-conscious. However, I soon forgot myself, in the endeavor to think and act at the same time. I lost my self-consciousness in a little while. I couldn't help it. I had to act quickly and be alert. I forgot my tiredness, the office, forgot such a thing as a telephone bell and the click of a typewriter. I was a new-born person, revelling in a new field that I never before realized could afford so much pleasure and benefit at the same time.

The rhythm of the music, the response of my arms and feet to every beat, the development of grace, all appealed to me and awakened expression in me, that had hitherto been dormant. Competition in our class was keen and our extreme rivalry caused the evening's work to be lively from start to finish. The scores in every game were so close that the winning side was victorious by a hair's breadth. Every girl did her best and the team work was remarkable.

My enthusiasm did not stop in the gymnasium. I carried it with me wherever I went. I felt better, stronger, refreshed; my mind was clearer. I took more interest in my work, had renewed energy and felt as though I could accomplish more. I was able to concentrate and cope with work of a more difficult nature than I usually had given me. My timidity left me and I was able to meet people in a friendly, assuring manner.

When I realized how much good the gymnasium had done for me, I wanted to learn to



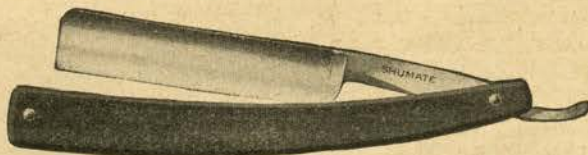
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swim. I joined the private class at the Young Women's Christian Association and at the end of twelve lessons could swim the breast, side, overhand and back strokes and had also learned to dive. I never believed I could do it, because I was so afraid of the water. But I was ashamed to admit failure and determined to learn and I did. Now, when I go to a summer resort, I enjoy myself in the full sense of the word and no longer have to watch the skilled swimmers with envy.

The satisfaction of accomplishment, the ability to overcome what seems impossible, to say nothing of sheer pleasure, are some of the benefits that my gymnastic practice brought me. Flabby muscles hardened, dull eyes brightened, and transformation from listlessness and indifference to animation, took place.

Some of the girls with whom I worked went to one dance after another, and came to the office next day with shadows under their eyes from lack of sleep. They were tired, unconcerned, watched the clock and did one half the stipulated amount of work. Naturally they never advanced. If those girls only knew, as I did, how much they needed a gymnasium. The majority of them remained in their regular positions, but I, who started as a mere typist, stepped ahead and assumed responsibilities that sometimes made me afraid when I thought of them.

Mothers who worry about their daughters because they flock to the public dance halls, send them to some gymnasium. Point out the right way and they will follow it. They are safer in the gymnasium, develop strength and forget their material selves.

The success I claim is not in terms of dollars and cents, but in terms of good health and happiness that to me are the greatest assets one can have.

FANNIE FELMAN.

Buffalo.

The Debutante Slouch

TO THE EDITOR:

Two years ago I found a PHYSICAL CULTURE Magazine and so interesting were the articles and exercises given therein, that I have been a constant reader ever since, and also physical culturist. I take cold baths every morning and twenty minutes exercise to keep in good condition. Five minutes of this time I devote to breathing exercises.

I am employed by the U. S. Government and sit at a desk all day long and you can bet I realize the necessity of fresh air, sunshine and exercise. I am very fond of swimming which I often do in the evenings after office. I also like to bowl and dance. All of these things I've learned to love to do through PHYSICAL CULTURE; and have persuaded several of my co-workers to do likewise.

I am reading "Possessed" with great interest. And let me mention that the little article "The Debutante Slouch" in the May issue can't be beaten. My sentiments are exactly the same.

MARY FRANCES BENTLEY.

A Firm Little Rock

TO THE EDITOR:

"Rolling Stone" speaks the truth all right, in as far as he brings into prominence, one type of girl. But when he classes the average girl with scatter-brained, meal-ticket hunters and pink tea experts he rubs the other type the wrong way.

I have been on this planet nearly as long as he has, and the pathway to my young womanhood wasn't strewn with roses either.

Forced, in my early high school days, to face the problem of earning my living, I left the school-room behind me, but not my books. I became a bindery worker, but as my ambition soared higher, I stormed the libraries for good literature and studied constantly. I am meeting with success in a very desirable position on the editorial staff of an up-state daily.

The girl who has been thro' the fire scorns pink teas, harmful chatter and meal ticket ideas. Marriage is, to her, too sacred an institution to barter away. Her ideal man is generally one with all the faults of the average man but able to consider her as his business partner, his wife, and his pal.

I have one of the most wonderful little mothers in the world, and she is all I have. I don't need to marry for a home, I have one, and I furnished it myself, piece by piece. We run it on a book-keeping system thereby living up to my salary, not beyond it. I know the value of money. That is one of the things I learned in the School of Hard Knocks.

The type of girl I consider myself a representative of without a doubt makes the ideal wife and mother; but is generally found in the background. Why? Because she is a little harder to approach. She draws the line on entertaining men in the far corner of the parlor, and her kisses are not given promiscuously or freely. She is ever ready to be a chum or a good pal, but not a yours-for-the-asking-sweetheart.

PHYSICAL CULTURE is the most interesting and beneficial study I have ever taken up. The benefits I have derived from the magazine are hundred fold. I love the big out-doors. It seems to be forever calling. Living as I do, so near the beautiful Adirondacks, I avail myself of every opportunity to indulge in my favorite sports—fishing, swimming and hiking.

I am not anxious to marry, but when I do it will be a marriage of love, not convenience. There are types and types of girls, but we are all "sisters under the skin;" for we all like the little attentions men can give, candy, flowers, or an invitation to the theater. But we were not all born to wait on a chaise-longue for a maid to bring them to us. I don't believe I would know how to hold a pet Pekinese, but I'll guarantee I could bring up a baby.

"A FIRM LITTLE ROCK."

What a Stenographer Did

TO THE EDITOR:

Three years ago I was stenographer for a large manufacturing firm where I had been employed for five years. My first three years were filled with enthusiasm for my work and I had received substantial increases in salary. The constant work with added home cares and lack of proper exercise made me nervous, depressed and blue. The firm were kind and courteous and put up with my little cranky ways and advised a vacation.

My mother depended upon my earnings and I felt I must keep going. I became indifferent to dress, always keeping myself neat, but oh, so colorless. It was a drab existence. Another stenographer was secured who was young, full of life and energy, and while this made my work easier, I realized I was being gradually "let out."

One day while riding home in the street car a most attractive young woman next to me was reading an article in PHYSICAL CULTURE entitled "How I got back youth." She passed the magazine over to me and said: "How true that article is." I read it and every word was a stab; but I was not so dead but that I realized its truth.

That night before retiring I lighted the three gas jets in my room and sat down in front of my mirror and inventoried what I grimly termed "Exhibit A." I didn't like what I saw. Rounded shoulders, dull eyes that had once been a nice deep blue, muddy complexion, and my very hair looked tired. And those deep lines! Could I ever work them out?

That was on Thursday. My vacation was to begin the following Saturday. I had dreaded it, thinking possibly they would tell me not to return. Now I hailed it with joy for I woke up to what was wrong with me. I thought of all the exercises recommended in the article, and they seemed almost impossible after a day's work when already tired beyond human endurance. But my will

power helped me, and I started the work of building up that poor tired old body. I faithfully practiced the exercises outlined and obtained results almost from the first day. I spent the entire two weeks of my vacation as much as possible in the open air, practiced deep breathing before the open window, straightened up the stooping shoulders, massaged my cheeks with a good cold cream which brought up the sagging muscles, practiced the exercise with the lower jaw which cleared the throat and ear passage, stopping the ringing in my ears which had been a torment to me, shampooed and brushed my hair until it took on new life, then went to a first-class hair-dresser and had it arranged in a new and more becoming way.

Bought a new suit of deep blue which helped to bring out the natural color of my eyes, made up my mind I would *not* be shelved, and walked into the office after my two weeks of physical training with chin raised and a self-confident air which surprised my associates.

Their faces lighted up and they thought I had worked a miracle in my two weeks of vacation. That was three years ago. My salary has been raised three times and I am now private secretary with full charge of the office, and a certain percentage of my gray matter is devoted to my own appearance and health. Work is a joy instead of a burden. My physique is all that could be desired, am doing better work and earning more without worry or indigestion. — C. S. T. Caledonia, N. Y.

Another Outdoor Advocate

TO THE EDITOR:

I am a constant reader of your magazine, and thought perhaps you would like to know what physical culture has done for me.

From childhood I have suffered from acute bronchitis. After maturity, the attacks became more frequent, and of longer duration. Medicines which were prescribed failed to relieve me.

Finally, I decided to try the fresh air treatment.

I began, by sleeping out of doors, and discarding all unnecessary clothing about the neck. I also paid especial attention to my diet.

During the first week I had a very bad attack of bronchitis and this is the treatment I pursued.

Upon arising in the morning, I drank a glass of cool water and exercised moderately to excite circulation. I also took the deep breathing exercises, which I practised as often as I could throughout the day.

My diet consisted of the most nourishing and easily digested foods including milk and eggs. I took no tea, coffee, or other stimulants. Being troubled with constipation, I eliminated this by eating stewed fruits. Improvement was slow at first, but I felt that I must give the treatment a fair trial.

The first two months I had three attacks, the last one being less severe than any I had suffered for months. I began treatment over two years ago, and am still keeping it up. I have not had an attack since last August, and am at present greatly improved in every way.

ELLEN COLLINS.

Oakland, California.

She Found Her Answer

TO THE EDITOR:

During my childhood I was small, and delicate. So my parents had me indulge in late hours, mornings; then rising and doing anything I liked, except taking exercise. They did not realize that exercise was what I needed, but were continually solicitous lest I get too much.

Then, too, they wanted to keep me girlish, so they said, and I was not allowed to romp or play ball, skate or dance, or play with the other girls and boys. So I grew up physically

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weak. I had next to no stamina. And so when I was elected one of the teachers in the school I broke down.

Trying post-office work, thinking that would be lighter for me, I soon became nervous and too weak for a day's work. So gave that up and took a rest.

After this I married, and in a short while discovered that I was not physically fit to keep house. I could not sweep and dust a room, without becoming exhausted. I would have to rest and not try anything else all day.

Time passed and brought two boys into our home. I had always dearly loved children, and was ambitious to take care of the little fellows. But I had to step aside and let the nurse do it all. Weakness robbed me of one of my greatest delights.

One day I came across a health magazine. I read it and never saw anything that suited my case better. At first my husband wanted to discourage me in the idea, thinking it would cause strain. But I was quite sure it was the thing I had needed all along.

I started to exercise, and did just about as the lessons taught.

I let nothing interfere. I realized in a very short time that I was improving. Walking became my most beneficial and favorite exercise; also swimming and dancing.

I feel like an old person made new.

I race with my children, play ball, go hiking, fishing, etc., and what a pleasure it affords. Am doing all my housework and have a splendid garden. Keeping one boy in school and caring for the other at home.

My friends meet me now and ask what medicines I use.

I explain and they are amazed. I have had two splendid offers at different towns, to teach and train a physical culture class. Of course people are naturally neglectful and without an instructor, and regular time and meeting place, we do not do the things we ought to do, and could do just as well alone.

There is no need for any one to grow old, for physical culture can keep us young; even though we are growing in years.

J. S. C.

Brookhaven, Miss.

They Called Him Crazy—But

TO THE EDITOR:

I am a cigar maker by profession. As can be imagined, the work is very monotonous and of a sedentary nature. In order to prevent the tobacco from blowing from work benches, the windows are seldom opened, and as a result the ventilation is very poor.

In consequence of these evils, many of the workers contract diseases and weaknesses such as anemia, debility, poor circulation, headaches, constipation, lung troubles, weaknesses of women, etc.

A brother of mine, who about this time was making a hard but brave fight against consumption, became interested in physical culture, and every month brought copies of the magazine home. Well, to be frank, we all objected to his doing the exercises, opening the windows and taking cold sponge baths. We really thought he was going out of his mind at first, and we heaped more than his share of abuse upon him, calling him crazy, etc. When he refused to eat everything at the table, it aggravated us. Despite all we did to discourage him, he kept to your teachings, and in order to have more freedom and not to be pestered by the rest of the family, he went to a farm up the state for a year, where he gave the methods advocated in health magazines a thorough and fair trial.

His physician, an M.D., who had given him only a short time more to live, was so amazed at the change when he saw my brother again, his fine color, gain in weight and generally improved condition, that he decided to try the cure himself, and began to study physical culture himself.

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Questions from Health Seekers

Answered by Bernarr Macfadden

Bunions

F. B. H.—There is one ideal remedy for bunions, and that is the practice of going barefoot, not merely for a week or two, but for a long period, running into months or perhaps a couple of years. Of course the reason for bunions is found in the combination of improper shoes and improper walking. The plan of toeing out when walking would be conducive to irritation at the inner ball of the foot and possibly a bunion would result, even if one wore rational shoes. Toeing straight forward, on the other hand, distributing the weight evenly across the transverse arch of the foot, will relieve this particular point from unusual stress. Therefore "walk like an Indian." If you cannot go barefoot, then by all means buy a common-sense, "grandfather" type of shoe. Treatment in the form of massage, foot-bathing, and even manipulation, will not accomplish results unless you eliminate the cause. You simply must wear shoes that permit the feet to occupy the same position and perform the same action in walking that would be experienced when going barefoot. Use sandals and moccasins as the best substitutes for going barefoot.

Do "Movies" Hurt the Eyes?

C. B.—Unless one sits "far up in front," which involves considerable eyestrain, it is not likely that moving pictures hurt the eyes. There has been no marked increase in eye trouble in spite of the fact that millions of people go to the movies each day. There are other forms of eyestrain such as reading fine print, reading or sewing in poor light, the use of too strong or too weak artificial light, and so on, which are far more detrimental. Indeed, we have known persons to say that sitting in the back of the theatre watching a two-hour moving picture show had a distinctly restful effect. This is quite likely because the increased distance of focus is a relief from reading and close-up work. Meanwhile, the U. S. Public Health Service has issued a bulletin assuring the public that the motion picture is harmless so far as the eyes are concerned.

Going Wrong on Milk Diet

M. R.—It is not surprising that you have not made progress on the milk diet, since you explain that you

(Continued on page 107)



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(Continued from page 105)

have used three quarts of skimmed milk per day. Skimmed milk is never satisfactory for this purpose, for the cream is absolutely indispensable. There is not merely the fat in the cream, but the vitamins. Use pure, fresh milk, cream and all, just as the cow provides it. Furthermore, three quarts are only sufficient barely to maintain weight. If you would use five or six quarts a day you would gain weight. Any girl who is below weight at the age of eighteen and who has suffered much ill-health must be regarded as delicate. It is more than ever necessary in such a case to live out of doors, to get ten to twelve hours of sleep each night, and to avoid mental and nervous strain. Such a girl should not attempt to attend school between fifteen and eighteen years of age, or at least she should not unless every available hour outside of school hours is spent in the open air.

High Blood Pressure

E. A. L.—Your first requirement in lowering your blood pressure is a change in diet in which you limit the amount of meat and other protein food. A safe plan would be to eat meat only three times a week. While violent exercise is not advisable under the circumstances, yet a considerable amount of moderate exercise such as walking, golf, riding or even moderate swimming, is to be commended. We cannot agree with the advice to take a complete rest unless there is some other disease condition that calls for it. Frequent hot baths, tending to eliminate poisons from the system, are very effective. Meanwhile also guard against constipation. For immediate reduction of blood pressure, a complete fast or an exclusive fruit diet will work wonders within two or three days.

Melancholia

Mrs. J. A. J.—Although melancholia is primarily a mental disorder, it is so closely related to the state of physical health, that its treatment is largely along the lines of improvement in the purity of the blood. At progressive hospitals garden work and the playing of outdoor games have been found to be exceptionally valuable in restoring a normal state of mind. Hydrotherapeutic treatment, including especially the more stimulating forms of cold bathing such as douches and showers, is valuable. In the matter of diet it naturally follows that any inadequate diet is unfavorable in this disorder, whereas a well-balanced nutritive diet is advanta-

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THIS NEW SCIENCE of bodily development has gained the acclaim of prominent physical culturists, physicians and anatomists because it is practical. Its principles are so perfectly sound that Pandiculation (or stretching) is recognized as an important theory of health. Pandiculation is the scientific application of mechanical force in the treatment of human ailments.

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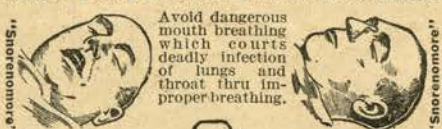
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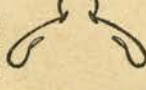
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geous. Indeed, it is found that when
one is under-nourished a course of
some weeks on the exclusive milk diet
is of extraordinary value. Remember
that poisoning of the body, either
through improper food, the influence
of constipation or through any other
source, is often the cause of this form
of mental depression. The fact that
Dr. H. A. Cotton of the New Jersey
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as cured eighty-seven per cent of his
patients during nine months, as
against the previous ten years' record
of only forty-three per cent, merely
through cleaning up diseased teeth
that had poisoned these patients (see
page 24 March PHYSICAL CULTURE),
is very illuminating on this point.

Crackling Elbows

F. H.—It is impossible to express
any definite opinion regarding the
condition of your elbow. Why not
have it examined? The crackling
noise, together with the pain that you
experience underneath the elbow when
lifting weights is probably the result
of a strain. There is only one treat-
ment for a strain, and that is complete
rest, though hot compresses or mas-
sage might help a little. Do not try
any boxing or lifting with that arm
as long as the trouble is in evidence.

Constipation in Infancy

A. R.—In the case of a baby of
four months, the best treatment for
constipation is the use of orange juice.
Orange juice is very tolerable to even
a young infant, especially if diluted
with water. If modified milk is used,
a larger percentage of cream is usual-
ly helpful in this way. After the age
of six or eight months, the use of oat-
meal-water in modified milk is per-
haps the best of all constipation reme-
dies. Orange juice, however, is to
be continued.

Hollow Cheeks

R. N.—There is no special magic
by which you can hope to fill out hol-
low cheeks. Exercise for the face
may be unavailing, since the defi-
ciency is not muscular, but due to a
lack of fatty tissue. Even at that,
facial exercise by stimulating the cir-
culation and building up muscular tis-
sue might be beneficial. Your chief
requirement, however, is to promote
your general health and especially to
put on three or four pounds of weight.
The supreme requirement in improv-
ing any particular part of the body,
is first to improve the body as a whole.
If you will do that your cheeks will
fill out naturally.

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If you are after Barbells as a means
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SUPPLY YOU with all you want
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very thin hair to a
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My own discovery. Write for particulars, enclose
3 cent stamp. Address THE L. S. HAIR CULTURE,
Dept. X, P. O. Box 308, Elkhart, Ind.

My Experience With Medical Ethics and Birth Control

By Mrs. C. Cameron, Jr.

In the July and December number of the **PHYSICAL CULTURE** Magazine the subject of Birth Control was so well discussed by both Bernard Shaw and Havelock Ellis, that it aroused my greatest interest, especially the article by Havelock Ellis, as it came at a time when that subject was of much importance to me.

Both apparently agree that there is no moral question in its practice by the mother who, through too frequent child-bearing or from other causes, gives forth weaklings that are apt to be a detriment to the nation.

But there is another side to the motherhood question. What of the mother who, though producing perfect children, months before and months after the birth of the child suffers so intensely, that she is little more than a physical wreck? Is she weak morally because she seeks to alleviate her sufferings with knowledge?

One understands, of course, that the individual must be sacrificed for the good of a cause; but, is that cause a good one that compels one to suffer months that a nation might survive, on the supposition that if the law were lenient, many women would take advantage of it to enjoy life to the full while bearing none of its burdens?

I have found that the ones who are thus inclined, are so morally weak, as a rule, that if they lack the knowledge of control to gain their end, they do not hesitate to practice a far more criminal method.

Just a little personal history will, perhaps, make my point clearer:

Seven years ago I was fortunate in choosing for a husband, one, who because of great care of mind and body, was nearly physically perfect. Although I didn't realize it at that time, our marriage would have been considered a success in eugenics.

As a consequence we have two children who are the admiration of everyone. Strong, bright youngsters with hardly an ounce of surplus flesh, neither of them having known a day's illness since birth. The boy of nineteen months can hold his own with his three and a half year old sister (and she is no mean opponent) until I have to call a halt for fear of disturbing the peace.

They are, as far as can be judged now, if the flower proves as promising as the bud, the kind that goes to make a strong future generation. I am proud of them, and never regret the years of invalidity I have undergone to have them. But I do feel that a continuance would be unjust when a little knowledge could

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Dr. J. Lambert Disney
Drugless Physician (Licensed)
21 Years a "Physical Culturist"

for a twelve day trial, unless you find my first instructions for you so helpful that you will want to continue the course I shall plan for you. If not satisfied with the contents of, or the results from, this first lesson, you may send it back and your money will be refunded in full. Or, similarly, if, having signified your acceptance of the first lesson by reporting for a second, you should desire to discontinue after trying out the second and without taking a third, you may likewise get your money back for the second, instead of continuing any further. And so on to the end of the course. That is to say, the course I shall plan for you (after carefully considering your needs as set forth on a Question Blank I shall send you on request) must sell itself to you, lesson by lesson, entirely on its merits—you be the sole judge. There are no strings whatever attached to this offer. It means exactly what it says. And I would not be allowed to publish it in *Physical Culture* if I were not prepared to live up to it.

The experience and training which give me confidence to make such a "Try-it-before-you-buy-it" offer are as follows:

I first started reading *Physical Culture* over twenty years ago. Through its teachings my life was saved at that time, and later, upon putting into practice certain knowledge afterwards acquired through further study and experimentation with the new idea, I GAINED EXACTLY TWENTY-NINE POUNDS IN EXACTLY THIRTY DAYS, with corresponding benefits in health, and still later I gained a further thirty pounds in weight (59 lbs. in all of needed weight gained.) Since those days of my own victory I have led many thousands to health, strength and normal weight through correspondence advice (as well as many in private practice and sanitarium treatment).

I was graduated from the Bernarr Macfadden Institute, New York, in the year 1905, being chosen the Class Valedictorian of that year. Immediately after graduation I entered these *Physical Culture* pages, offering personal advice by mail strictly according to the drugless methods which have come to be known as the Bernarr Macfadden methods, as set forth in this magazine from month to month.

I am also a graduate of three other institutions devoted to the teaching of Nature Cure and Drugless Methods of Healing; was for seven years Proprietor of the Disney Drugless Health Resort and Sanitarium at Jamesburg, N. J., which included over twenty acres of ground and to which *Physical Culture* people came to me from practically every state in the Union; and I have been Professor of Dietetics, Anatomy, Physiology, and Natural Methods in the Bernarr Macfadden Institute, New York; Professor of Dietetics in the American Neuropathic College, Philadelphia, and Editor of the *Physical Culture* Department of the *Naturopath*, published in New York.

I am in regular practice in Philadelphia as a Drugless Physician, licensed by the State Medical Bureau of Pennsylvania to practice the various forms of drugless therapy in which I am trained, including those which this magazine advocates.

I AM KNOWN TO A HUNDRED THOUSAND READERS OF "PHYSICAL CULTURE,"

past and present, through having been a constant user of large advertising space in these pages during the ten years from 1905 to 1915. (See issues of those years). I place the number conservatively at 100,000 because approximately just that number have written to me and I to them. Doubtless many more know me, through my advertising, who have not yet written me.

A very large proportion of these 100,000 *Physical Culturists* have been my patients by mail, and as such have been personally guided by me, week by week, to health and strength and happiness. And in my files I have a great abundance of letters from them, overflowing with expressions of satisfaction as I gratefully. It is only my own familiarity with the results which these thousands upon thousands of patients-by-mail have gained under my directions, very often after their own efforts along physical culture lines had failed, and my knowledge that in a great many cases definite benefits commence to materialize from the very first lesson, which gives me confidence to make the unusual offer this announcement sets forth. Just a few reports, typical of many similar in my files:

A WELL KNOWN AUTHOR, WHOM MILLIONS OF READERS WOULD DECLARE TO BE AMERICA'S FINEST NOVELIST AND WHOSE BOOKS HAVE BEEN DRAMATIZED FOR, AND WIDELY SHOWN IN THE MOVIES, writes: "With the help of your treatment I am sure that this novel will be my big one."

"I am feeling better than for several years—eager for work, full of vim. . . . I am sleeping like a baby and AM EAGER FOR MY WORK! I AM MORE THAN SATISFIED WITH RESULTS."

A MEMBER OF A STATE BOARD OF PHARMACY, WHO IS ALSO PROFESSOR OF PHARMACY AND HEAD OF THE DEPARTMENT OF PHARMACY IN THE STATE COLLEGE OF THE SAME STATE, writes: "After paying about \$500 to 'regular' and others, I want to state that the \$— paid you has been the best investment I ever made. . . . All that I have achieved since my illness I owe to you and I feel that words can never express what I hope you can understand when I try to thank you. I want to go East some day and thank you personally for what you have done for me. . . ." (In another letter he stated that thirteen physicians had previously treated him without success.)

A CLERGYMAN REPORTS: "I have gained about 20 to 25 lbs. and my general health is greatly improved. Your methods are all right and I will be glad to furnish you with a testimonial." (Rev. J. E. Gault). ANOTHER CLERGYMAN: "I was suffering from pimples, indigestion, constipation and a general run down condition of the system. I was induced to try your drugless methods and as a result I am today cured." (Rev. Joseph G. Boyles, Paquet, Newfoundland.)

FROM ONE OF MANY LADY PATIENTS: "I am certainly feeling fine; my complexion is clear and I sleep well—the main thing, and have a good appetite. . . . I'm as regular as clockwork (bowels). . . . Do not have any pain. Do all of my work, including washing, and don't feel any the worse, and I haven't been bothered with a cold."

SPECIAL NOTICE. Cases will be accepted under the trial offer of this ad. only until next issue of *Physical Culture* is on newsstands, unless I repeat it in that or a future issue.

Dr. J. Lambert Disney, Drugless Physician
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A recent photograph of
Bernarr Macfadden, the author

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This is a remarkable volume that not only searches your very soul, but inspires you with those fine, high ideals of life characteristic of true manhood.

The Vital Personal Problems of Men

THE woes of weak men, the sufferings of the unhappily married, the vitality-destroying, blood-sapping results of various weaknesses and disorders—where can one find the help he craves in these matters? How can one avoid the mistakes that blast the lives of countless thousands?

It is to offer help in this direction that this book is written. Bernarr Macfadden has received letters in hundreds of thousands stating the personal histories and private problems of men of all ages, and asking for advice. He knows the needs of perplexed, blindly-struggling, suffering men of all classifications. And it is for this reason that you can depend upon finding your problem included in the multitude of those discussed in this exceptional volume. If not, send it back.

"Manhood and Marriage" contains the best of the philosophy and teachings contained in the author's former works and a vast amount of new material growing out of a lifetime of study and experience. This scientific information is supplied in popular form. The book is new in scope, fresh in viewpoint, and packed with the kind of information that has been neglected by old-fashioned sex-hygiene writers. This is the only book covering the subject in this way. It is constructive, practical, helpful. It will help you to acquire robust health, vitality, splendid virility, personal success and—what is still more important—happiness in marriage.

A FEW OF THE 34 CHAPTERS

Is Marriage a Necessity?
Selecting a Wife
Love-Making and Its
Dangers
Marital Mistakes and Its
Excesses
Are Children Always Desirable?
Divorce Physiologically
Considered
Can a Wrecked Marriage
Be Reclaimed?
Sowing Wild Oats
How Virility is Destroyed
The Truth About Masturbation
Seminal Losses
The Troublesome Prostate
Gland
Impotence and Allied Sexual Weaknesses
Sterility
How to Build Virility
Exercises for Building
Virility
The Prevention of Venereal
Disease
Various Problems of Young
Men

avert it; not only the suffering, but also the anxiety of the child's fate.

Before my first youngster came, I fortified my body in every known way for my own and its benefit. Both high heels and corsets were taboo and as long as possible I took light exercises and never missed a day of being in the open. But the best of care proved of no avail. I regained consciousness days later to find that the baby had been so injured about the head, that it had only lived a short time, and had it lived, it would undoubtedly have been defective either mentally or physically.

My chances of motherhood were doubtful. But while at the hospital, my physician performed an experimental operation, which he thought might prove successful, but telling me to use great care as it would be at least a couple of years, or more, before I would be in good condition. But as he gave me no preventive, in a little over a year from the time the same thing occurred; but luckily the child was brought through with no permanent injury. My sufferings, however, were a repetition of the first case and I was practically a cripple from the hips down. Again the physician was ready to admonish but not to enlighten!

My boy is now nineteen months old and I haven't as yet recovered from his birth, and in a short time must undergo another such ordeal, despite the fact that I fairly begged the physician, who was familiar with my case, for knowledge to prevent its re-occurrence. He refused, saying, "the ethics of the profession as well as the law forbade"; adding that, "If there were anyone I would help, and who deserves it, it is you."

Perhaps some will judge me as a physical coward, but I've found that generally before thoughts of self, comes the fear of how the little ones will fare. Now when I need exercise so much, I am unable to take it, and I cannot even compete with my mother who is over seventy. If my babies hadn't been gifted with such strong little bodies, they would never have withstood the neglect they've suffered; and yet I really believe that, given a little more time to recuperate, I could regain my natural good health and strength.

My slogan always has been "keep cheerful" and in the busy daylight hours or when one has a companion to help one forget, it is not difficult. But in the "wee, sma' hours" of the night when a pain racked body prevents one from sleeping, then the unwelcome thoughts will come, and my graying hair is mute testimony of such nights. For feeling as I do now, how can I hope for anything different from my other experiences?

When the great gift of knowledge was given man, it was received as a blessing even though in many cases it has been abused. Nevertheless the benefits could

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not be denied. Why should the knowledge of Birth Control be treated any differently or be whipped back into darkness? Even stock raisers have more consideration for an animal they prize than to breed it too often.

My case is only one of many, but if this side of the question were given further study perhaps there would be fewer tortured bodies and souls to-day, wondering and fearing what the outcome will be. Then, perhaps, Birth Control would win its rightful place in the world of knowledge.

Ruminations on the "Rhumatiz"

By Helen Peck Young

HOW many things there are which seem of no particular interest or consequence until they loom upon one's own horizon, and then, indeed, how exaggerated becomes their importance.

Now there never was any doubt in my mind as to the existence of a vague but fearsome malady called rheumatism. Didn't a certain old farmer down on the Shore Road foretell unerringly a change of weather by reason of it? And only last season a gay party of summer people came back from a picnic drenched and unhappy because they had refused to place any faith whatsoever that morning in the indications of Uncle Silas's "rhumatiz." The sun had shone serenely when they started and what more could they ask? Henceforth, the barometrical qualities of the old man's bones must at least be treated with respect.

Then there was an aged colored woman in the parish, named Mandy, who was reported to have been hopelessly crippled by the ravages of rheumatism. My own mind was a bit hazy with regard to the real cause of the poor woman's plight, for she had done thousands of washings during her day and borne with a worthless husband, either of which cause might easily have laid her low, without the aid of disease. However, the minister said it was rheumatism and I have no reason to doubt his word.

With great vividness, I also recall the time when, as a child, I was told by my father that our Irish gardener had been suddenly prostrated by what he termed "lumbago." Doubtless that was some strange affliction belonging exclusively to gardeners. I had never heard of it before. It had the advantage, however, of bringing the victim unlimited attention from the feminine members of the household. Even now I remember the state of excitement into which our flaxen-haired waitress was thrown and the feeling way in which she murmured "Poor boy!" as she



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Some twenty years ago I first learned, from my own experience, that disease can literally be "pulled out by the roots." I was then almost a physical and nervous wreck, suffering from what doctors told me, and what I myself firmly believe, was an incurable case of diabetes and other serious complications. And I was doing the usual thing—suppressing every symptom by the orthodox method of dosing myself with such medicines and drugs as the medical profession declared could afford me only a small measure of temporary relief.

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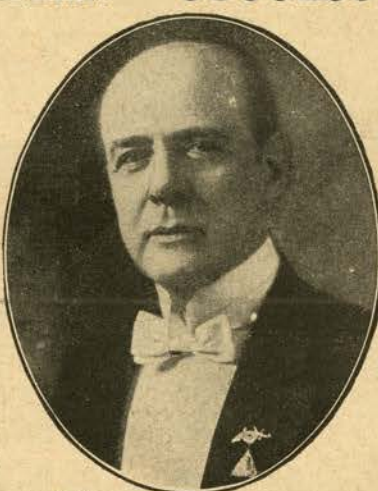
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arranged tempting trays to be sent out to the barn.

Yes, there was no doubt at all about the existence of rheumatism, but at best it was a shadowy sort of thing that played no part in my life or that of my friends. It was singular that an ailment so largely confined to the aged, and to Irish gardeners, should be accorded the first twelve pages in the family medical book.

Alas, one day I found to my consternation that the unknown enemy had suddenly invaded my own seemingly invincible person and ruthlessly attacked my innocent muscles. It was unfair, unsportsmanlike, in the invader to swoop down upon one unawares in this torturing and merciless fashion. Any motion, no matter how far removed from the theatre of war produced an immediate and usually agonizing sensation at headquarters. The closeness of inter-muscular relations was acutely demonstrated and an innocent sneeze seemed equal to the firing of heavy artillery combined with shrapnel, so calamitous was the result.

The worst of it was, I could not retaliate in any way and yet my entire nature cried out against an enforced period of watchful waiting.

There were persistent night attacks by the enemy, followed by swift retreats at dawn, the marshalling of fresh reserves, then another sharp contest for supremacy. For nearly a fortnight the warfare continued.

During occasional lulls I found my mind reverting to tales of the much-maligned strawberry—that gift of the gods—which had so frequently graced our board, and I wondered if that luscious fruit in some subtle manner could have produced these diabolical consequences. I recalled, also, the thunderstorm in which I had received a thorough wetting about a week before the invasion of the enemy. Overheated and panting, I had scampered through the downpour to the shelter of home, with never a thought of serious results, once I was happily clad in dry raiment.

Sometimes visions of a premature and relentless old age bore down on me and in humility I tried to compare myself with "Uncle Silas" and colored 'Mandy, but I could not see myself as they were, nor yet as the Irish gardener of my childhood.

Days fled, bringing at last a grateful armistice, the enemy withdrew, and peace with all its comfortable quietness and serenity once more took possession of me.

Since that experience my sentiments regarding rheumatism have undergone a radical change. Time was when the mention of it would have left me bored or indifferent, but not so now! I have come through the fire and whenever I hear the word "rheumatiz," like an old war horse, I prick up my ears.

Editorials by Our Readers

This department is maintained as an open forum for the discussion by our readers of subjects in line with PHYSICAL CULTURE'S editorial policy, including opinions concerning any statements made by contributors to our pages with which our readers may take issue, or upon which they may throw additional light, suggestions as to methods of increasing the interest and value of this magazine, or the presentation of any new thoughts upon health-building, eugenics, national physical fitness and other vital subjects. We cannot promise to publish all letters received, but all will be carefully and appreciatively read. Published letters will entitle the writers to a free subscription to PHYSICAL CULTURE if application is made thereafter after publication.—The Editor.

A Nurse Knows

TO THE EDITOR:

After years of observation as assistant to one of the most skilful physicians I have learned to regard physical perfection as the dearest and greatest possession of mankind. An even balanced mentality cannot exist where rhythmic vitality is lacking and it is a very interesting thing to watch the moral and mental development which takes place in accordance with the restoration to health harmony.

It has also been notable that the desire for physical perfection increases as its possibilities are realized through the first marked improvement in health.

The day has passed when drugs were the chief means of treatment employed by physicians. Along with the vast strides made in medical science in recent years has come the knowledge that cures cannot be made permanent without the reconstruction of flabby muscles and depleted nervous systems. The first concern of any conscientious and successful physician of to-day is regarding the physical habits of his patient, and there is no aid so valuable in the most chronic cases as the scientific use of physical culture.

I have a young friend who attributes the present state of her health directly to her carelessness in not keeping up her physical exercises. She had always been prominent in athletics until she finished school. Since then she has neglected all forms of exercise on account of limited time and opportunity. There is nothing that will restore her to perfect health so quickly as the partial resumption of her former habits.

We all manage to nourish and rest our bodies, but how many of us give the thought of natural strength giving and developing exercise the consideration intended by nature?

ELINOR S. MARVIN.

San Mateo, Cal.

The "Balanced" Life

TO THE EDITOR:

The circumstances of my birth and youth were not unfavorable to me and with rural environments I grew to be as good at least as the average in physique and mental qualities. But I have since learned that the average is not good enough. It is in fact a poor standard to hold up. I found that at twenty I was declining already in some respects just when I should be becoming my best.

The cause I seemed to find in two directions; I was not where I ought to be and on the other hand I was far from being one hundred per cent in physical condition. My nerves grew bad and my digestion and assimilation were far below normal. I did not seem to have any disease in particular, but I was going down grade; pretty steadily and rapidly, too. These conditions made me weary and irritable, and I was really tired a good deal of the time.

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read and study books and magazines wherever I could find anything sensible and bearing on the subject of physical culture, personal health and energy, will power, and kindred subjects. And along with this I began putting into practice as much of the good I absorbed as was possible.

I studied those around me, and I found that I was not alone in this substratum of earthly existence. I found that there is an alarming majority who are far from a state of even reasonable health and efficiency. And they, too, in many instances, are unsuited to the occupations and vocations into which chance—not choice—has thrown them. Many of these people are victims of bad thinking and of bad medicines.

The youth should early be taught the value of health and the natural methods of obtaining and retaining it. They should be shown the folly of curing ailments with drugs. They should early know the value of a pure, clean body, and a good mind.

Too many are lost in the maelstrom of this world's ways before they become awake to the great possibilities which they possess within themselves.

I believe every person—if not too degenerated already—has within himself a wonderful power of success if only he can get the self into action. To those who have ill health the will can find a way for the body to become strong and well. It can make you well if you will only act and act wisely. And the will is YOU.

First get health. It is the best of all earthly possessions.

To eat carefully—selecting common nourishing foods in right quantities, to sleep enough and to exercise and work—breathing fresh air the while. To find the pleasure and satisfaction in your duties, to read and think well, to keep clean in body and mind. All these are the simple menu for health and energy.

Study or do some real exercise with the mind each day beyond the ordinary. Something that will require effort and will power. These things will give you energy and then success.

My work is better and more successful after thinking this way. I look upon life far more optimistically and my friends all say I am "looking better." Those who do not know, say it's the climate, or the change of work. While climate and other attendant circumstances may have much influence for good or evil, I am thinking more and more it is the atmosphere and condition of the individual within himself.

A READER.

Harnessed Play—A New Viewpoint

TO THE EDITOR:

For three years I maintained my standard of excellence, but at a terrible cost of driving effort. At the end of the third year, I realized that I was sick through and through. My eyes were in bad condition, I had no appetite, I suffered constantly from headache. My work had been growing poorer day by day. For a time I had won success as a writer. Lately, I had neither time nor inspiration for original work. In another year, I would merely be one of the crowd. This my ambitious spirit could not endure. I resolved to get as far away from it all as possible. I went to Old Mexico as a teacher.

I loved teaching but I had never learned to play for exercise and health. I knew nothing of croquet, tennis, basket ball, dancing or swimming. I knew nothing of physical culture as a science. The only thing I knew how to do was to walk and I was too tired and run down for that. I stood all day in the school room and lay on my bed after hours to rest. Needless to say, my health did not improve. I had suffered for a long time from constipation and its consequent evils, and in the high altitude of Northern Mexico, I had another drain on my fast diminishing strength—nose bleed. I also suffered from tonsilitis. I began seriously to fear tuberculosis. I called in a doctor who advised that my lungs were all right, removed one tonsil and

urged exercise, which I didn't take at all.

About this time I returned to my country home. I was sick, miserable and thoroughly frightened about my condition. My father was in better financial circumstances, so there was no need for me to help in the field. I wouldn't have considered such a thing anyway because I wasn't strong enough. (How foolish we are because we do not realize that the only way to be strong enough to do a thing is to do it.)

Fortunately, I learned of the milk cure for those who wished to gain flesh or as a cure for tuberculosis. I still half believed that I had tuberculosis and that the doctor had perhaps thought best not to tell me the truth. I lived on a diet of sweet milk and eggs for months and gained quite a bit of health and strength. I was so encouraged by this health improvement that I married my sweetheart of college days. For several years, things went along normally and well. I wasn't sick and I wasn't strong. I just held my own.

Just here I want to tell about another phase of my life that I haven't yet mentioned. For a number of years, I had been living on my nerves. Each emotion as joy, sorrow, disappointment, melancholy, blues was intensified for me a thousand times over. I used to feel that I lived a month in every day. This was no less true because I suppressed all outward signs of my nervestorms. I was always very sensitive and not for anything would I have let my life seem other than normal and calm.

But to go on with my story. My husband was a bank clerk and we had a small house in town. As time passed, I began to have a longing for the free and open country. Also I was very ambitious and we couldn't seem to get ahead very fast working for a salary. We soon found ourselves on a small farm far in the country. My husband had never farmed before. Money and help were hard to get. I began to take over small tasks and then larger ones until by the second year, I could do any work on the farm and enjoy it. I could drive four mules to a breaking plow, or follow two mules all day with a harrow over soft ground. I could gather corn, pick three hundred pounds of cotton a day, or lift my half of the two hundred pound porker into the market wagon and glory in the abounding strength that enabled me to do it.

At first, the smallest task exhausted me, but soon I enjoyed the fatigue of a healthy body that was able to quickly renew its strength. I began to sleep long hours such as I had not enjoyed since a child. I developed such an appetite that only a bountiful supply of the substantial food working men enjoy could satisfy me. No more sleepless nights. No more tonsilitis, no more fear of tuberculosis, no more nerve storms. I can still live a month in a day, but I don't feel that I have burned out the last ounce of nerve force when it is over. Health.—I have not had a dose of medicine nor a sick day in six years. Happy—freed from my melancholy and morbid fear of disease, I enjoy every minute of life.

And blessed thought, for this after all the secret ambition of my soul, I can write again. Newspapers and magazines are beginning to accept an occasional article and poem. I believe with health regained, I can yet go far toward my cherished goal. But oh, the wasted, dragging years, the suffering, the despondency, the lost confidence in myself! If I had only known the needs of my poor abused body and its importance in the scheme of things, I would have spent hours swinging dumbbells, I would have devoted far more time to the study of physical culture, than I ever gave to history or mathematics.

My rehabilitation didn't come through a man-built gymnasium, though they are fine in their way. But it came through Nature's own workshop. It hasn't been attained through conventional exercise, or a definite, conscious obedience to physical laws, but by glorious life-building, world-serving, harnessed play, by some men called work. L. L.

Put Your Thoughts to Work

TO THE EDITOR:

Six years ago I was an invalid. Fourteen years previous to that, I acquired the habit of using cathartics. I remember quite well, the physician who prescribed them assured my mother it would do no material harm if I continued to use them.

He being at that time the foremost physician in our city, and my mother having the utmost confidence in him, we followed his advice. I gradually, through the years that followed, absorbed the poison that should have been carried out of the system, until my physical condition was indeed pitiful.

The specialist to whom I was taken told me exactly my condition, said I could not possibly have lived longer than two years; but with a little of his aid, plenty of nature's, and determination on my part, I would in one year be well.

After some months under my physician's care, with no drugs whatever, I began to gain slowly. I, almost immediately, discontinued the use of cathartics, substituting light exercise, to strengthen my weakened unused muscles. It is marvelous how quickly any part of the body will respond to exercise, even after years of neglect.

I did not take up any special system, but began a careful study of myself, noting the result of each new thing tried, my physician and I were, for the time being, co-partners. I shall always remember his kindly interest. I was after a time, able to work out a system for both physical and mental exercise. It was my greatest asset. We know the mind controls the body, and if we would have our body in a healthy, well-developed state, we must see to it, that our mind is filled with clean, pure thoughts, free from the petty annoyances of every-day life. The saying, "treat your thoughts as guests," is indeed true, but I say further, exercise your thoughts, and you will find them the most delightful companions. Your whole being will shortly be made over, and the result will both surprise and delight you.

For years prior to my illness I was so thin and nervous that for days and weeks at times I was unable to eat, contracted colds easily, and was very dependent. My little ones were under the care of a nurse, and my husband, who greatly enjoys the sports of outdoor life, was compelled to seek his comrades elsewhere, while I was constantly seeking health.

I have not had a cold in five years, my meals are a delight, my digestive organs being absolutely perfect, my weight is normal, my complexion flawless, my step as elastic, and eye as clear as a girl of sixteen, my friends constantly comment on the wonderful change.

E. D.

What's the Answer?

TO THE EDITOR:

Your recent editorial "Married but not mated" made a deep impression and it still rings in my ears and after much thought I wonder if that truth applies to my case.

Briefly, having been married nearly ten years, I never gave it a thought, the fatal day arrived when last September, the sweeping announcement came quietly but cold bloodedly: "I do not love you any longer; you are too old, too slow, too good and kind to me, and do not make enough money to satisfy my wants and demands." I was thunderstruck. As a rule I can meet most any emergency, but those bull's eyes on life's target were too much for me. I am just a regular fellow, pass anywhere in a crowd of average humanity, pay an income tax and manage a successful business.

What's the solution of this life's tragedy of the romance of "yesterdays" and wasted hopes for past ten years? Is it the present mode of married life, increased divorces, diminished family life and relationship? Do women know their own minds?

Lincoln, Neb.

R. S. O.

Be Well

Why Not?

It is easier to be well than to be sick when you learn how. When you learn to daily build your vitality, disease germs, grippe, and cold have little effect upon you. Be free from nagging ailments! Weigh what you *should* weigh! Have a good figure! Be happy! Enjoy life! Be a source of inspiration to your friends. In other words, LIVE. As sure as sunrise

You Can Weigh exactly what you Should

by following a few simple, healthful directions at home. I KNOW it, for what I have done for 92,000 women I can do for you. Are you too fleshy? Are you too thin? Does your figure displease you? Let me help you.

I want to help you to realize that your health lies almost entirely in your own hands and that you can reach your ideal in figure and poise.

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My Beautiful Lady



IT HAD been a hard six months' trip through our South American territory and I was glad enough to be back, especially as I was coming home to my own wedding. I hurried to the office, but everyone had gone, so I called up Rose.

Our engagement had been an exceptionally happy one. To be sure I had been away six of the ten months, but the weeks had been filled

with many joyous letters of planning for our future.

When I left for the trip, I was a little worried about Rose, she seemed so thin and colorless and tired. She had just given up teaching the seventh grade at my insistent urging, and her parting promise was to take good care of herself. She didn't tell me much about it in her letters but somehow, their "tone" seemed brighter from month to month.

Even so, I was not prepared for the surprise which I received when she answered the 'phone. The Rose I had left, bade me good-bye in dull, lifeless tones. The woman who greeted my return thrilled me with the rich vibrant quality of her voice. "Come up at once," she urged. "I have a wonderful surprise for you!"

And a surprise it was, indeed.

I could scarcely believe my eyes.

But it was true. Rose stood before me a glorious specimen of superb womanhood. I held her at arm's length and gazed in wonderment at the way her angular frame had filled out into the most beautiful, graceful curves. The drooping, listless shoulders were thrown back now, and her lungs drank in the life-giving oxygen. Her hair had taken on a new sheen. It was alive! Her cheeks were pink with surging health. Laughter rippled from her lips,—the sheer bubbling over of abundant vitality. And in her eyes was not only the love I had looked for, but the sparkle of magnetic personality as well.



"Yes, I am real," she laughed.

"But how did you do it?" I asked taking her again in my arms.

"It was so simple," she said. "Sometimes I fear I am not thankful enough just because it was so easy."

"When I was in school, I studied about flowers, learned their make-up, how they grow, and how to make them beautiful. Since you went away, I've been studying those same things about myself. I discovered it by chance, a complete course called WOMANHOOD AND MARRIAGE. It is written by Bernarr Macfadden who publishes PHYSICAL CULTURE Magazine. He certainly has made a careful study of the subject and he covers it fully in the course."

"Many of the things I have learned, I already knew half-truths about. Many others, I was entirely ignorant of and I can't help but shudder to think what our married life might have been if I hadn't learned them. Even if I were never to marry, I believe this knowledge would have marked the difference between failure and success."

"He tells everything so wholesomely; not just the bare facts but the 'why' and 'how'. He explains what to do to gain a certain desired improvement. You can see for yourself, the course is practical. I know the sort of things about myself, now, that any man demands to know about his automobile—the working of it, its proper care, and how to keep it looking new and beautiful."

"I am stronger and healthier, and happier. But what appeals to us vain women most, I suppose, is acquiring beauty. I do look—well, at least a little prettier, don't I, John?"

And I'll tell you in confidence, I kissed the upturned ruby lips, colored by Nature alone, and for about the hundredth time called her "MY BEAUTIFUL LADY!"

Anyone can learn these wonderful truths of womanhood. They can see for themselves how a little comprehensive care of the physical self will develop the mental, and build a magnetic personality, a being of beauty,—how it will give poise, and bring happiness that attracts and holds friends.

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Announcement of Two Prize Contests in 1920

SUCH has been the interest manifested in the big prize contests which we have conducted for the past two years, so great the response, and so helpful the contributions received, that we have decided during the year 1920 to hold two more important prize contests which we believe will be of particular value to our readers.

In each case \$500 in prizes will be awarded, covering three handsome prizes of \$250.00, \$150.00, and \$100.00, respectively. A series of smaller prizes is not offered for the reason that the next ten following prize winners would receive no more in the way of prize money than we would ordinarily pay for accepted manuscripts of the same quality. In other words, we will not only publish the three prize-winning letters in each of these contests, but a considerable number of the other manuscripts submitted, paying for these at our regular rates.

"WHAT IS THE IDEAL DIET" \$500.00 Prize Contest

PHYSICAL CULTURE has always made a specialty of educational articles on food and diet. The teachings of this magazine in this respect have saved the lives and restored the health of thousands of sufferers. There is no question that diet is in many cases the first requirement of the man or woman seeking a recovery of health, particularly since errors in diet are so often the basis of ill-health and debility.

What is the correct diet? What is the ideal diet? Curiously, the peculiar idiosyncrasies of individuals makes this a rather complicated problem. The same diet does not always suit different individuals. It is for this reason that arbitrary rules in diet are not always applicable, and it is for this reason that we desire a considerable diversity of treatment of this great subject of food for the human family.

These contributions on "What Is the Ideal Diet?" may be written in any form desired, but the following suggested outline may be helpful:

What foods are best?

Why?

What this diet has done for me.
A practical week's menu.

It is not required, however, that this outline be followed if a better presentation of the subject can be secured through some other treatment. The contest will be decided upon the practical value of the diet, the interest of the article, and its literary merit.

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Wrong mental attitudes will therefore in time destroy the physical. YOU CAN'T DOUBT OUR GOVERNMENT REPORT. THAT'S SURE. The miserable state you are now in and have been trying through physical means only to throw off may primarily be due to wrong thought. HERE IS HELP FOR YOU. LEAVITT-SCIENCE HAS FOUND THE WAY TO CONQUER THESE ENEMIES OF YOURS through combining the mental and physical agencies nature has furnished us for development. All weakness can be put to flight and health, strength, happiness, and success established. LEAVITT-SCIENCE teaches the simple laws of life, opens wide the door of success and makes you the strong, self-reliant person you should be.

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The prize money will be distributed as follows:

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Third prize, \$100.00.

The contest closes July first. Address all contributions to contest editor. Photos showing "before and after" condition, illustrating the value of this diet, would be appreciated, though of course they are not essential and will have no weight in the judging of the contest.

Manuscripts are limited to three thousand words of straight text, though if a complete menu is supplied, with perhaps a few recipes, an allowance of an extra thousand words is provided for that purpose, making a maximum of four thousand words altogether. Make your article practical. Remember that the purpose of this contest is to give our readers practical help along this line.

"WHAT I HAVE LEARNED ABOUT BRINGING UP CHILDREN."

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We are therefore offering three prizes, totaling \$500.00, for the best letters on the subject, "What I Have Learned About Bringing Up Children."

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In addition to the prize-winning letters we will publish a considerable number of other satisfactory manuscripts submitted, paying for them at our usual rates.

There are no definite restrictions as to the form, style and treatment to be followed in the manuscripts submitted, but we are suggesting the following outline as possibly helpful in laying out the scheme of a practical and comprehensive article.

Childhood diet.

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How I Keep Fit at Forty-Six Years Old

By W. T. Mickie, M.D.

WHEN I awaken, usually about seven, I stretch my arms and legs ten times with my mouth wide open yawning to free my lungs. Then sit up in bed slowly, without the use of my hands, using my back muscles, and get out of bed—then still yawning stretch my arms and legs five times, then throw my head back as far as I can, put my hands behind my head, and raise and lower my spine ten times.

Then turn my head round from side to side looking over each shoulder (look behind you). Then sit in a chair (morris), throw my head back and look first to the right then to the left ten times.

Then turn my eye balls around, looking first at the right wall, then ceiling, left wall and floor ten times. Next I look out of the window (raised) as far as I can see and come on back with my eyes down to my hand, held off two and one-half feet ten times.

Next I hold my head straight with chin a little up and carry head straight forward for ear muscles, also eyes. Next I take the following exercises:

I. Stand in upright position, hands by your side, elbows close to body; palm of hands upwards; shoulders back; chest up; bend arms at elbow alternately, as you bend one you straighten the other, move elbows only keeping the rest of arm rigid as you can and make more rigid after a few days trial. I do this now rapidly twenty times, started at ten.

II. Stand erect, first draw thighs in, then abdomen, then expand chest all you can with arms straight up, hold the air in a few seconds then let it out, bringing the arms down in front of you, and repeat ten times.

III. FOR CHEST. Stand erect, arms stretched as far as possible straight out, make muscles of chest and shoulders rigid, gently lower the arms till they cross at the elbow the left arm below the right, they cross below the ribs. Keep the muscles rigid during the forward motion only, then relax and put both arms as far as you can (don't throw them back).

IV. FOR LEGS. Stand erect, put one hand on back of chair or foot of the bed, get on your toes, bend body forward as far as possible, bending your knees, muscles relaxed in downward motion, then tense muscles of the thigh and come up. I do it now twenty-five times, started at ten.

V. LOWER LEG. Stand erect, hand on back of chair or foot of bed, tense muscles of lower leg, come up on your toes. Stand so a few seconds, then go back. I do this twenty-five times, started at ten.

As I stand and do all of my profes-



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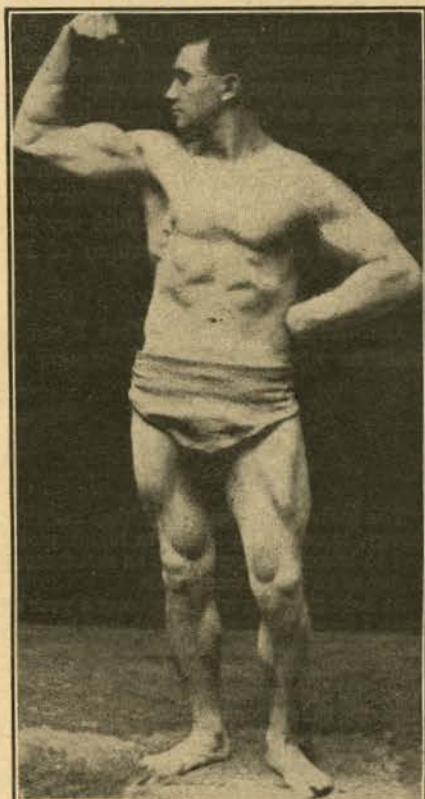
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sional work (eye, ear, nose and throat), treat from forty-five to fifty patients a day, I practice the following exercise:

Stand on my toes as long as I can, then go in take a cool sponge bath and rub up (to prevent enlarged and saggy veins) vigorously with a rough bath towel, then shave using a Gillette Safety razor and Kranks Shaving cream, no brush and no rubbing in, also nothing afterwards, then wash my face and rub it with the face towel vigorously, then open my mouth wide and run the palms of my hands upward and outward pressing hard to prevent wrinkles. Then go in and dress only wearing linen mesh underwear, medium weight in winter and light in summer (knee length and short sleeves), my outside clothes I can put my mouth to and blow through.

I wear broad shoes (so have no corns as each toe is separated), broad rubber heels and thick soles particularly in damp weather, as it will take the electricity out of your nerves; best overshoes, or sandals if you wear rubber heels, felt hat with ventilators in winter and fall and spring, and Bankok in the summer. I brush my hair vigorously with a stiff bristle brush (no wire) five minutes, and work my scalp forward and backward from side to side, then try to turn it around at night. Before doing the scalp exercises once a week I wring a towel out of hot water to put over my scalp and let it remain five minutes, then work it to keep my hair from falling out.

Then I clean my teeth in the following manner, using an alkali powder thus:

Precipitate calcium carbonate, 1 oz.
Pulverized Castile soap, 1 drachm.
Sodium Perborate, 1 oz.
Oil of Gaultheria, 20 drops.

Take enough in hand to cover the brush. Dampen brush and apply all over, put brush on teeth and apply lightly and rub against them gently rotating the brush, both grinding and inner surfaces. I apply after each meal and never eat any sweet stuff on bread to affect my teeth. It is one of the chief causes of Riggs Disease.

Then finish dressing.

One hour before breakfast I eat raw fruit as apple or orange, except very

cold weather then prunes with breakfast. Fifteen minutes before breakfast and seven o'clock dinner I sip a glass of hot water. Breakfast never meat—eggs beaten up or in a soft form, corn muffins, whole wheat toast, or in winter raisin bread, and last but not least I always sip hot water after I have swallowed the food, which I masticate thoroughly.

For lunch in cold weather rice and cream or half cream and milk and cornbread. Only eat one kind of green vegetable or one kind of raw fruit, then take a walk in the park.

If not I go to the club, with windows open to play pool or billiards until about three o'clock, and work until six, then walk briskly a few minutes, then go home to dinner, which in summer and warm weather is mostly bread and green vegetables. Then relax as in morning for fifteen minutes, then read the Harvard Classics for one hour and study until ten, when I take the same exercises as morning, and repeat everything.

Then to bed on a small hard pillow, best without any but I have a wife, as light covering as comfortable, porous pajamas, sleep first on one side then the other. I open the windows from the bottom, have a ventilator which I put under them and forces all the air up, relax with both arms and legs straight, close my eyes and concentrate my mind on sleep and go to it; and rarely ever fail.

I observe the four rules of health.

1. I never eat unless I feel good.
2. I never eat unless I relish what I eat, and stop eating when I cease to relish it.
3. I never put a lot of condiments on my food, hence never overeat.
4. I masticate and ensalivate my food. I never sip a liquid until the food in my mouth has been swallowed. I never eat except when I am hungry; my mouth waters for food without seeing it, or anybody's talking about it, and never drink unless I am thirsty. I never drink coffee, tea, cocoa, or whiskey. I only eat one of meat—eggs—milk—at a meal. Meat never more than once a day, and that in winter. I only eat one starchy food at a meal and fill up on green vegetables.

A Diagnosis That Worked

By N. H. Kenney

The individual who has neither health nor energy, is unable to aspire to higher motives and to become successful to as satisfactory a degree as he or she would like.

At least this was my experience a year ago, when I found my health which had been poor for some years, going from bad to worse, and which had prevented me many a time from accepting higher salaried positions on account of having to lose so much time from the office.

I was in such a poor state of health that I found my work very irksome, and the energy which was necessary to accomplish my present work, was all being forced; consequently I was very much fatigued at the end of the day. Realizing that unless I immediately improved it would soon be necessary for me to quit

entirely, I determined to set about and obtain the first two fundamentals; namely: health and energy.

I set out to diagnose my own case and then prescribe for myself, with the result that I gave up my position, made a change in climate, and for two months combined rest with plenty of fresh air, exercising and dieting, and soon noticed an improvement. Having obtained the proper start, I followed out that which was already bringing good results, and with the return of health came renewed energy and a desire to improve my position.

I am now holding the best position I ever had. But the part that pleases me most, is I am not losing time, on account of poor health, and I am no longer forcing myself to my work.

Do You Drink Enough Water?

By A. B.

IT is possible that you do—but about seventy-five people out of every one hundred do not drink enough. The resulting ills from this neglect make it quite an important matter, and one to which we should give serious thought.

Wonderful progress has been made by most of our cities in the past ten years toward securing pure drinking water. Remarkable filtration plants and various purifying methods have been the result of a vigorous campaign of education, after science has proven the danger from the use of impure water.

Possibly the worst fault which we have in drinking water is that we have a tendency to drink ice water rather than just cool water. Many of the spring water coolers have a very thin partition between the ice and the water which allows the water by the time it has gotten down to the place where it is drawn to be entirely too cold for ordinary use. As we all know how harmful it is to chill the system in this way little need be said about it.

Notwithstanding the fact that water has no immediate nutrient values, it has many other all-important qualities in connection with the work of the organs of the body. In view of the fact that the most of us are engaged in work which could come under the classification of sedentary occupations it is no great wonder that we do not allow ourselves enough water. Here, again, our friend whose work demands a considerable amount of strong physical activity has a decided advantage over the sedentary worker, as the giving off of perspiration only improves the natural desire to drink more water, which helps to build up a strong, healthy body, and allows the organs to go on with their work with ease, and, at the same time, eliminates the strain of overwork on some. If it were not for the quantities of water consumed in various drinks and foods, we would find ourselves in a dangerous condition in a very short time, because so many of us drink an insufficient quantity.

We should not overlook the value of water to the blood, in giving it the proper consistency and as a carrying medium for the distribution of nourishment to the various parts of the body.

Constipation is a word that spells misery to a great many people. It is about as near the root of all evil as any one particular thing that we can mention. The main thing that we have to combat with in this respect in the psychological condition of the sufferer, who, in many cases, accepts his condition in the light of heritage, and admits he has tried all kinds of laxatives, but, in some cases, only drinks water when he can get nothing else. A great many people suffering from

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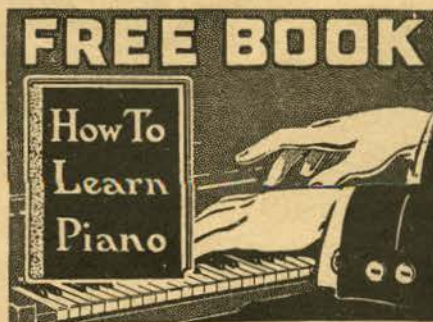


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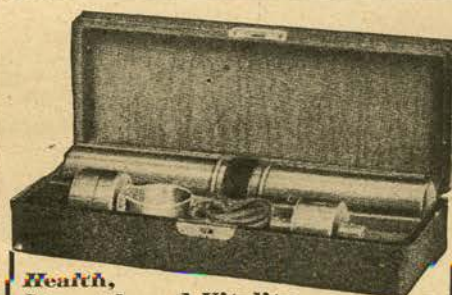
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constipation seem to accept their condition, and never try to hit at the root of the trouble, always being willing to accept temporary relief. Small quantities of water, taken at frequent intervals during the day—possibly every half hour, and a slightly larger quantity on going to bed and upon rising in the morning, will effect a change in a very short time.

I thoroughly believe that the free use of water during the "Flu" epidemic would have saved a great many people from contracting the disease. In fact, many people refrain from drinking water until they get in a feverish condition. Of course this is a very serious mistake.

The quantity of water consumed depends to a great extent upon the psychology and temperament of the individual on very much the same basis as the consumption of food; many people feel that they must eat three or four hearty meals a day, but drink one glass of water in the same time, would do well to mend their ways, eat less food and drink more water.

Any physician will bear out the fact that colds, kidney trouble, etc., are more prevalent in the fall than in the summer months. One reason why this is so is that many people stop drinking water to a great extent when the weather cools and their actual thirst subsides, with the result that it makes elimination of the poisons in the system very difficult, and thereby adds to the work of the organs of elimination. And, like all other machinery, the result is a certain percentage of breakdown.

To perspire freely may be poor etiquette, but it surely is healthful, and the best way to eliminate through the skin is to put plenty of water on the inside as well as on the outside.

A great many people take absolutely no warning when the tongue becomes coated, and apparently do not realize that this is nature's warning of an unnatural condition inside. Right here we have a real opportunity to heal with water by cutting down to a very great extent on the quantity of food which we consume, and increasing to the very limit the consumption of water.

Drinking of water is largely a habit. After the habit is once thoroughly developed one notices such an improvement in many ways that it will be continued without question. Let us form this wonderful habit, which makes the work of the body so much easier. Did you ever notice how nothing else satisfies like it? After a soda or ice cream water is almost a necessity. And this is true of practically all drinks. Water alone satisfies thirst. If we want to drink water in place of coffee or tea during meals, there is no particular reason why we should not, except that we should be careful not to put water in the mouth when we have food there, as this hinders digestion to a certain extent.

The effect of water on the system is really marvelous.

A Simple Aid to Success

By Louise Rand Bascom

IF a placard were printed thus:

**MANY SECRETS OF SOCIAL AND
BUSINESS SUCCESS ACQUIRED BY
THE USE OF ONE FORMULA
PRICE UPON APPLICATION**

nine-tenths of those who read this would get hold of the requisite money in order to secure the information which guarantees to help anybody make good. If the announcement went still further:

**GIVES YOU POWER OVER YOUR-
SELF AND OTHERS**

**INSURES A BEAUTIFUL VOICE
PRODUCES AN EXCELLENT
COMPLEXION**

**CREATES BETTER HEALTH
IMPROVES THE APPETITE AND
DIGESTION**

**MAKES IT POSSIBLE TO RISE IN
THE AIR AT WILL**

nobody would reply to the ad because it sounds like the capital lettered prospectus of a fake oil well—too good to be true. Yet the statements are not exaggerated, for there is an honest to goodness rule for accomplishing the wonders claimed.

"I don't believe it," cries one, adding curiously, "how can I rise in the air?"

"I wish I knew something that would make it possible for me to enter a roomful of strangers without feeling faint," murmurs another.

"I believe I'd be more valuable to my employer and myself if my speaking voice were more pleasant," muses a third. "Will it really help me?"

To these queries and more is answered emphatically, yes! Indeed, too much may not be claimed for the formula if it be followed painstakingly and enthusiastically. It will not only bring its adherent any one of the gifts desired, but all the others as a bonus—even that most coveted of prizes, power.

Power is a curious psychological force which makes it possible for one to dominate a situation. The woman who fears to enter a roomful of strangers, the man who dreads to ask the bank for a loan or to approach a new customer to sell a bill of goods is lacking in power. This is a positive, constructive thing, not a negative, lackadaisical one. It creates wealth, builds prestige, aids to fame, and stamps the possessor as an individual apart.

The question of securing it is so acute that the newspapers and magazines are constantly besieged by anxious queries similar to the following: "I seem to be too diffident to get a job. I want one, but I can't seem to make myself face an interview. What would you advise?" or, "I am lonely and long for companionship, yet when I get in a crowd, I am tongue-

tied and awkward. I don't know what to do."

To these pitiful queries the editors' unflinching reply is, "Cultivate poise, forget yourself; you are too self-conscious. If you will efface yourself from your mind upon entering a room you will have no difficulty in becoming interesting and popular."

That wording has become a habit; it is seen everywhere, but is superficial and inadequate. There is a far more simple and effective remedy, as a little analysis will show.

He who has observed a frightened child will know that the youngster in such a state invariably holds its breath, i. e., normal breathing is suspended. He who has watched a fight whether of brawn or intellect will recall that the man who knew how to breathe was the winner. To be still more concrete, two women recently had cause to deal with a knave who had swindled them. They were equally prepossessing and armed with identical arguments, but one was naturally such a shallow breather that when she became nervous or excited she ceased to draw any air into her system.

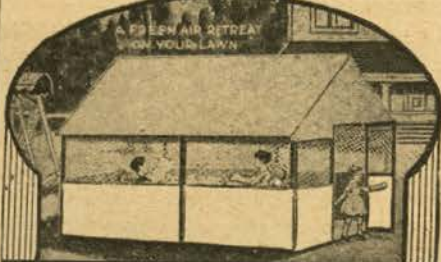
Therefore, she never started an argument that she did not begin to grow hysterical and become badly routed from lack of stamina.

The second woman was one who had cultivated deep breathing and because of it she was perfectly at home, perfectly unhurried, perfectly good tempered, and well endowed with endurance. She stood up to the rascal, looked him calmly in the eye, stated her rights, made her demands, and dominated the situation.

She won where the first woman had been defeated—won simply because she did not stop breathing. This instance may be multiplied by so many that a maxim emerges: *learn how to breathe properly and neither man nor fear can master you.*

Do not sneer at this advice, but try it out. Suppose you are one of the multitude who is nervous, ill at ease in talking to a stranger. If at such a time you stopped to analyze yourself you would find that you are taking practically no air into your lungs. Your words are ragged, your sentences uneven, and, afterward, you feel tired, strained, depressed. Going on such an assumption, try this experiment. The next time you are about to enter a room or to talk to one who awes you, stand outside the door for a moment, pull yourself erect and take ten deep breaths, proceed to the interview continuing deep breathing.

To your surprise and pleasure you will find that fear has vanished, and moreover, that your voice instead of being



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Cartooning and Illustrating
1436 Schfield Bldg., Cleveland, Ohio



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We help you start

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The Vigorous Man or Woman is Leader of All

You cannot realize the benefits derived from this machine except you try it. One treatment will convince you of its extraordinary qualities.

If you are suffering from paralysis, locomotor ataxia, vertigo, apoplexy, neuritis, rheumatism, lumbago, gout, hardening of the arteries or high blood pressure, be sure to investigate this machine. Takes the place of exercise and hand manipulation. Gives your muscles firm elasticity. He neither fat nor thin.

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Do you realize what this machine means to one wanting in vital strength, or suffering from general weakness, nervous debility, insomnia, constipation, headaches or pains through the back and limbs? Our machine is a splendid treatment for prostatic gland trouble, varicose veins or a goitre.

Remember our machines are not vibrators, but a genuine, health-giving, life-prolonging apparatus. As Electrical Manufacturers we build high-frequency machines of special design, including our new combination machine, "High-Ray," or, in other words, "Violet Ray," which is operated from direct or alternating current and two No. 6 dry cells.

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high and strident as it is apt to become when you are excited, drops to a deeper, more musical tone which surprises and delights you. In fact, you find yourself enjoying conversation for once in order that you may listen to your own voice. Your English suddenly becomes more pure, your vocabulary enlarges, and you leave the room or office which you had formerly dreaded filled with an excellent opinion of yourself. Indeed, you are conscious of having made an impression.

This power over oneself and others is one of the most splendid things achieved through genuine breathing, but it is by no means all. The blood requires oxygen and when it does not receive it, the individual is sallow and listless. Pimples come, blackheads and blotches disfigure the face, constipation and headaches with their attendant ills begin to harass. Give the lungs air and immediately the skin seems to tighten up, new color comes, lines smooth out, fatigue vanishes. Not only this, but food tastes different; one feels hungry. Why does the camper have such an appetite? Why is he able to assimilate food with no trouble when even a glass of milk gave him heart burn before?

Because, for one thing, he is in the air and is forced to imbibe more of it than is his wont. It is trite, perhaps, to claim that ozone is the best tonic in the world, but the failure of the majority to realize its value makes the repetition not only permissible but necessary. He who knows its helpfulness is so full of force that he feels like flying.

This is something that few of us will probably accomplish except in the feeling that our bodies are buoyant and our feet Mercury-winged, but the Hindoos claim to raise the body in the air through the science of breathing. The first steps necessary are to fill the lungs full and breathe out for twenty seconds. Then breathe in for ten seconds. Then hold for thirty seconds and repeat.

Whether your body will grow sufficiently rigid to be suspended in the air at your volition remains for your experimentation, but in striving for this more spectacular feat, you are accomplishing many minor ones which will add to your happiness, prosperity and success.

If it is impossible for you to secure this boon by reading the pages of **PHYSICAL CULTURE**, go to a good teacher and pay him real money to instruct you in the proper method of exercising your lungs. Thorough control of these organs will do more to make you a lady or gentleman, more to give you power than any book on etiquette or hypnotism that has ever been published. Moreover, it will increase the span of your life and your bank roll, for the brighter your eyes, the better your digestion, the more thorough your control, the greater your resistance to disease and the greater your value from both a business and social standpoint.

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CONSTIPATION does more harm to mankind than all else. It causes 90 per cent of all diseases and originates more than all else that shortens life.

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The Internal Bath is nothing but warm water—no medicines.

The Internal Bath makes constipation harmless, robbing it of its threatening power. Price \$6.00; appliance fitting all bags \$3.50.

The Internal Bath should be in every home. Send stamps for free booklet to JAMES EAGER, 737-P Washington Avenue, Brooklyn, N. Y.

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Learn to use and care for the spine and you will find it to be the most important thing leading to health and happiness.

Dr. Teresa Cimino Criscuolo's latest book recently translated into English, is called

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It teaches in plain language how to prevent and heal disease by the proper treatment of the spine, and contains invaluable advice for mothers on the care of children.

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S-L GARTER CO., 817 Trust Co. Bldg., DAYTON, O.

The Royal Road to Health

By N. H. Kenney

There are skeptical folk who insist that certain writers, musicians, and others, though physically afflicted, have gone down to posterity as great men and women. In truth, genius is born, and often persists in spite of obstacles, but the capacity to work and serve one's fellow beings is, nevertheless, limited by ill-health.

Says Horace Mann, "All through the life of a feeble-bodied man, his path is lined with memory's grave-stones which mark the spot where noble enterprises perished for lack of physical vigor to embody them in deeds."

To me, there is no sadder spectacle on earth than ignorance or indifference to this vital problem—men and women with stubborn ambitions and lax health methods. They eat hurtful food and expect dietetic results. In their ill-ventilated rooms, they breathe bad air and pay a heavy toll in colds. Stifling their lungs, they cry, "Allah—health!" They abuse their bodies and bemoan their failures.

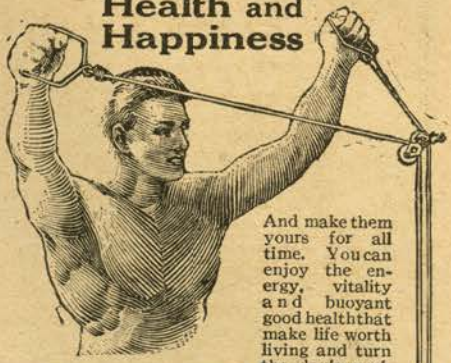
We are gradually coming to the realization that there is no royal road to health. He who is below par, physically, must make a study, intensive and extensive, of the physical organism and its peculiar requirements. Stolid indifference or laziness, rather than heredity or environment, keeps the sick man sick.

As for me, I would rather build my house insecurely than put into my body food combinations that react to its disadvantage. I would rather read unwisely than eat unwisely. Better a dose of poor literature than calomel. Rudimentary education should include dietetics. It is enough, in after life, to acquire the three R's, but shattered nerves and depleted tissues defy a mental Hercules.

It is noticeable that, in the majority of cases, men and women with ambitions are the most earnest seekers for health. Why? Because they have a reason for wanting to be well. They want the things that health brings. They know the capacity of the well man.

I am not a pioneer in any sense of the word. I have had innumerable teachers. Neither am I a victor. I am acquainted with discouragement and defeat. But I am a student. I care very much to be well. What I have attained in health has enabled me, a slender woman who at one time or another has tried all well-known patent medicines, not only to earn my own living, but to use my leisure profitably. In other words, I have put myself on a basis where I may prepare for success. In this I have succeeded. In six years I have had but two months' vacation; and I rarely miss a day of work or play.

(Continued on page 127)

You Can Capture Health and Happiness

And make them yours for all time. You can enjoy the energy, vitality and buoyant good health that make life worth living and turn the day's work

into play. It's simply a matter of giving yourself a fair chance—of taking the right kind of exercise consistently.

Spend a few minutes every morning with the

Whitely Exerciser

It will make a new man or new woman of you. It stirs every muscle into action, tones up your system, aids digestion and circulation and gives you the physical and mental vigor to achieve big things.

With the Whitely it is easy to acquire the habit of systematic exercise. For your daily session with the Whitely is not work—it is genuine fun! You can box with it, row with it—vary your exercise as much as you please. Its vibrant cords put snap and "go" into every minute of your morning session with the Whitely.

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THE MIRACLE OF MILK

Drinking Your Way to Health!



Dr. Harry B. Galatian

By H. B. GALATIAN, M. D.

IF you should meet a friend on the street whose appearance indicated that he was in the grasp of some chronic disease—who was pale, thin and haggard, with a "keeping up to save funeral expense" air about him, and then a few weeks hence should meet the same man, and this time his erect bearing, steady stride, and robust condition indicated perfect health, you would feel like asking whether he had found the proverbial "Fountain of Youth." The chances are he would tell you that he had been

drinking of that fount from which issues the white waters of youth, health, and strength—milk.

"Cure Alls" have been ridiculed and derided by those who subscribe to that foolish maxim—"What is one man's food is another's poison," but if we stop to consider we will remember that we are all created in the same image and all have the same physiological functions, and are all subject to the same disease, and the one method that has come nearest to curing all cases of disease—is milk. I believe if I were told that I must select one method of treating disease, and only one, and must discard all other methods, I would ask to be allowed to retain the exclusive milk diet.

This conclusion is not based on the results obtained in a few selected cases, but after many years' experience in prescribing the milk diet, both in private and institutional practice.

One case I will mention because of its immediate interest, is that of a man whose normal weight should be one hundred and forty pounds, but who weighed but ninety-two pounds when he began treatment. His heart and lungs were in good condition but his alimentary tract and nervous system were in a sorry state. For years there was no bowel action without medicine or enemas. There was a chronic gastritis and almost entire atonicity of colon and intestines, and because of the distress incident to eating he had reduced his diet to mere nibbles, which meant that he was practically fasting. His circulation was so sluggish that he suffered severely from cold, and he was bundled up in a thick suit of underwear, two suits of clothes, a sweater and overcoat, and only after several days on the milk diet could he be induced to discard any of the excess clothing, even while indoors. His memory was practically gone and his mind a confusion of ideas. He had tried treatments galore—from medicine to electricity, from spinal manipulations to diet—and was slowly starving to death. The milk treatment was prescribed. And with what results? He has gained twenty pounds and will continue to gain. There are regular bowel actions without artificial aid of any description. All of the superfluous clothing has been shed. He can walk long distances and take other exercise. His memory has been regained, his mind is clear, and he is in every respect a different person.

Another case came to me weighing one hundred pounds. This man suffered from extreme physical weakness, mental lethargy, and chronic constipation. There was also inflammation of the bile ducts, with retention of bile. Milk was again the prescription. This patient gained twenty-five pounds and was entirely relieved of the liver trouble, his skin becoming pink, his strength increasing, and the constipation remedied. He was advised to continue the milk after returning home, and his weight increased to one hundred and forty-five pounds. He has returned to his regular diet and is still well.

Another interesting case is that of a young man who had been having one or two epileptic seizures each week. He took the milk diet for several months, and when I again saw him a year afterward, he told me he had only one attack in the year, and that, a few weeks previously, induced by overeating of cake and ice-cream at a Sunday School picnic. Milk is undoubtedly the best diet for epileptics.

That the exclusive milk diet is literally a life saver is attested by the case of a young lady who had been told that she would be dead in less than a year, because of anemia. Her hemoglobin was less than fifty per cent, and the red cells one-third of normal. Today she is alive and well, red cells and hemoglobin normal, and thirty pounds heavier.

These few cases are mentioned not because they are unusual, as such results are common with the milk diet, when it is taken correctly, but to stimulate those who have not tried the diet, to do so.

How does milk cure? Milk cures only because it furnishes elements which are badly needed to make new blood. Milk is an easily digested and assimilated food containing ample amounts of all substances required for growth of tissues and organs, and repair of worn-out cells. When taking milk one does not have to worry about combinations or whether this element or that element is being supplied. They are all there in the milk, in living organic form, and the sick body uses them to the best of its ability.

There is no chronic disease in which the exclusive milk diet should not be used. It has long been the standby in wasting diseases, but it should be employed in all chronic ailments of whatever nature. I believe that the person who knows how to use the milk diet has a regimen at hand that can be used in any form of acute and chronic ailment, and even should necessity in disease never arise, a few weeks of milk diet every year, will keep any one well, give renewed energy, greater resistance to disease, a cleaner complexion and a better feeling of bodily comfort than any spring tonic or blood purifier ever compounded.

I will close this article by quoting the beautifully expressed tribute to the cow, by Gov. Frank O. Lowden, of Illinois, in a pamphlet issued by the Illinois Department of Agriculture.

"The cow is a most wonderful laboratory. She takes the grasses of the pasture and the roughage of the field and converts them into the most perfect food for man. In that food there is a mysterious something which scientists have found essential to the highest health of the human race and which can be found nowhere else. Men have sought for centuries the fabled fountain of youth. The nearest approach to that fountain which has yet been discovered is the udder of the cow."

The above is from an article by Dr. Galatian

that appeared in a recent issue of PHYSICAL CULTURE. Its appearance created a tremendous demand for further information concerning the milk diet treatment for building up run-down bodies. To supply this knowledge we have had prepared a complete course of instruction in the Milk Diet Treatment, comprising six lessons. This course is the joint work of Bernarr Macfadden, the world-renowned Physical Culture Authority, and Dr. Charles Sanford Porter, America's leading Milk Diet Specialist.

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(Continued from page 125)

Raised in the country, I gave no thought to my body outside of a fear of tuberculosis, on account of incessant catarrh, and some small concern for a stomach that was prone to disorder. In regard to the latter, I knew nothing of dieting, mastication or proper elimination. I ate rapidly and abundantly. When I had stomach cramps, I was given Jamaica Ginger; and when constipated, a dose of Syrup of Figs. To enumerate the medicines I consumed in later years would fill a volume. As a matter of fact, our family patronage helped to support the village doctor and apothecary.

I attended grammar and high school, showing an aptitude for certain branches of study. However, I neither absorbed as the others did, nor long retained that which I had committed. I lacked four qualities desirable and necessary to a student, the power of observation, discrimination, concentration, and retentiveness. On the dim horizon of my future failure was already written, but I did not discern it. Had I done so, I would have groped blindly for a cause and a remedy.

When the break came, in the form of rapidly recurring attacks of indigestion sickening to the memory, I was attending a girls' school. A kind friend promptly rushed me off to a doctor. "A school-girl's breakdown," was the verdict of the learned M. D. Here in this southern city, with its climatic advantages which gave opportunity for outdoor study and play, medicine was prescribed, which partially and temporarily conciliated an abused body and supplied, artificially, the stimulus that was lacking.

This was an unfortunate substitute for diet and rest. It forced upon me a galling slavery to drugs, the shackles of which I was long in breaking. But a certificate of graduation must be bought at any price. Though the possessor of "sheepskin" spend the rest of his days in invalidism, still it will always be said of him that he was graduated in the year of our Lord, 19—.

This was only the beginning. Kidneys and heart soon yielded to the strain. The symptoms, though mild, filled me with vague apprehension. Such fear, though in many instances well founded, is largely due to overwrought nerves.

Then followed the history of my getting well. Oh, the ups and downs, the unwise methods I employed, and their tragic results.

Though thoroughly trained for a dramatic career, I was nevertheless unable to make good. My unprepossessing appearance and timid, shrinking personality did not favorably impress those who might have employed me. After a time I abandoned, temporarily as I thought, the work for which I believed myself divinely endowed, and looked about for a mere livelihood.

One evening, sitting by my window

which overlooked a dreary world of housetops, I tried to look matters squarely in the face, to drink, as it were, the bitter cup of failure. Failure! With the best intentions in the world, and with a mind that thirsted for success, I yet lacked the physical vigor to make realities out of the shadows that haunted me.

It is not my purpose to relate at length the story of my struggles, replete with experiments. If I deviate from my personal story to state a general truth, please bear in mind that it is, to me at least, the precious bit of wisdom gleaned from hard experience. I shall name what I consider the most vital contributors to my health, since in like manner they contributed to my success. They are well known to all.

First and foremost is colon cleanliness, meaning cleanliness indoors as well as outdoors. Colon-cleanliness is another word for health. It is induced by the fast, the enema, copious water drinking and a well-balanced diet.

Of the fast, I cannot say enough. I fasted twice, the first time for ten days, the second for a week. Following my second experimental fast, I was conscious of mental reaction. It is not surprising that at this time I secured my first position. I also did some writing. Thus the fast awakened an impulse which for a period had lain dormant. My initiation into the great body of health seekers brought self discovery. I looked back regretfully upon wasted years.

I do not advocate frequent or long fasts. In the case of anaemic folk, the enema is a splendid substitute. However, from my experience with each, I learned valuable lessons. I am an advocate of long rests between meals, five hours at least, and perhaps twenty-four hours of complete abstinence from food when symptoms of bodily disorder are manifest.

I have cultivated the habit of frequent water drinking. I drink freely and pleasurably of Mother Nature's own nectar, hot or cold, as wisdom or inclination dictates. There are folk with pasty complexions who boast that they seldom desire or drink water. I say it with a shudder.

I have learned, also, to depend largely upon diet as a substitute for many other curative measures. When troubled with constipation, I discovered a cereal, flaked with bran, which, eaten with warm milk, was a pleasing substitute for bran alone. I used olive oil at this time, green vegetables and rice; and I eliminated white bread, butter or much grease, coffee and white sugar. I ate slowly and with real enjoyment, masticating each mouthful in a manner worthy of Fletcherism. I was rewarded for my seeming sacrifice with such an abundance of health and good spirits as astounded



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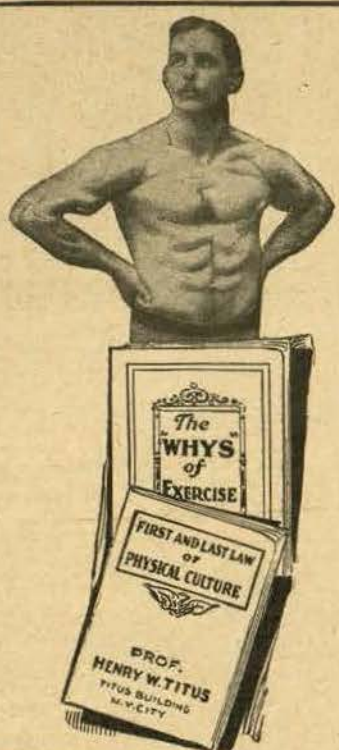
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myself. There was a new, compelling note in my voice, and my friends spoke of it.

This is what my dietary did for me. I cannot promise that it will produce similar results in every case; but a diet suited to individual needs accomplishes much.

The age is golden for the food faddist. He may cure himself and serve his country. Seriously speaking, the new dietetic regime is laying a firm foundation for individual and national efficiency. The body thrives on coarse, plain food, well masticated, and the health and energy thus produced will serve us well in the days that are to follow.

Before I learned to breathe correctly, I was merely, as regards my enemy, ill-health, on the defensive. Diaphragmatic breathing rapidly produced physical aggressiveness. It added tone and vigor to a body somewhat weary of the struggle. I added two more hours to my daily routine of study. There was also a marked improvement in my appearance. My neck and chest rounded out into pleasing proportions.

Diaphragmatic breathing is the foundation of any satisfactory results brought about by exercise. There is nothing more overdone or under-done than exercise. Why should we make wind-mills of our arms and see-saws of our bodies and starve our lungs? I have known what it is to live on a mountain peak, surrounded by the purest air. But it was idle capital until I had learned to utilize it. It were better that I had installed an electric fan in a one-room apartment, and gone to work in earnest. Better that I had begun at the a-b-c's of diaphragmatic breathing, and climbed my mountains when I was equal to them.

Correct breathing, like wholesome food, contributes to vitality. Improper exercise wastes energy. The man who values his time would do well to choose his exercises as he chooses his business associates.

All of this leads us easily to the biggest word of all—conservation. It is a vital problem before the nation to-day, and it may well engage the individual. Personally, I wish it might be blazoned in the heavens.

To youth I would say, from a full heart, "Waste your bank account if you will, but save your vital capital. Do not fritter a God-gift in unnecessary, impracticable, unwise labor. Dedicate your time and talents to that work which you are qualified to do, and refuse to be diverted into exhausting by-paths. The conservation of time and strength for the essentials links health with success. The chain cannot be broken.

"Cultivate ease and repose as an antidote for 'nerves.' Cease to worry over minor details. It is this needless chafing and fretting that hurries us into prema-

ture old age. Give up wearing conventionalities. If you have friends who refuse to understand why you do so, give up your friends. Better cultivate a new set of acquaintances and lengthen your life. Express, personally, the liberty for which our country went to war. Such adjustment induces mental purification."

Routine, too, plays a large part in the achievement of health. I have accustomed my mind and body to regular periods of work and play. I do not change my daily program without good reason. The regular life is the efficient life.

I have learned that any attention I can give to my hair and nails and in general to my personal appearance adds to my attractiveness. An attractive appearance is a social and a business asset. It is peculiarly related to success.

We are making a serious mistake when we deny the incalculable value of mind stimulus and uplift. It is an anchor that holds. I never cease to be interested in something. I have striven, too, for the balance that is maintained by a sense of humor. Oh what a tonic is laughter! Could it be bottled up and taken in liquid form, then only would it be universally recognized as a curative agent.

It was necessary for me to earn my own living, so I made an effort to select work for which I was adapted. When I found I could not do that, I at least made necessity pay heavily for its exacting demands upon my time and strength. Forthwith, I became a self-appointed master of circumstance. I enslaved drudgery.

My friends tried to dissuade me from becoming a telephone operator. But I would not readily exchange what five years of training in a live office has given me. It was my first business experience. It took the listlessness out of my eyes and the whine out of my voice. The switchboard is a mental gymnasium. It develops alertness, accuracy and dispatch. There is no room or time there for sluggishness.

After all, health is a positive quantity, a reality. When that realization came to me, I had climbed a high peak. So long as health exists in the world, it exists in abundance. It is not limited to one or a few. It is a fountain head whence all may draw healing.

Back of all else, is the indomitable spirit. If there is a royal road to health, there it lies.

There's no halfway house where you can stop and rest on the way up, and not many "thank-you-mams" either.

You're facing an up grade and a steady pull, and oh, the feeling of exultation, of triumph, when you finally go over the top.

And when you get there stay there.

Don't make the same old mistakes that put you in the slough of despond to start with.

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"If you are stronger than your opponent, so much the better if you understand Jiu-Jitsu. If you are weak physically, you may overcome a giant who knows how to use his muscles only as a brute. It is the exercise of surprises, and at the same time is the 'caveman' par excellence. In Jiu-Jitsu any sort of blow is considered fair. The whole subject of it is, 'Get your man before he gets you.' It makes no difference how you 'get' him."—(From Los Angeles Examiner.)

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Why I Am Younger At 60 Than I Was At 40

YOU'RE Through!

That was the sum and substance of it. Before me, on my desk, lay the little slip of paper that had come to seal my doom. It was just a typewritten note, couched in the usual diplomatic language, expressing the regret of the firm to inform me that it was impossible to continue my services longer.

If that piece of paper had told the truth, it would have said something like this:

"You're through! You have outlived your usefulness. You have grown old—and there is no room in business for old men. Get out and make way for young blood!"

It was the enactment, of that grim tragedy that hangs over every man's life—the tragedy of Old Age. For a long time I had known that it was coming. Every day the fear of it had haunted my waking hours and disturbed my sleep. I knew that I was growing old—in every move I made I felt the relentless, restraining hand of age upon me. My grip on things was weakening. I had lost the old time buoyant confidence in myself—I was no longer capable of the former driving energy—I could not concentrate my mind with the previous quickness and clearness of thought.

I had reached the point where everything I did was an effort. My work had become drudgery—I was forced to whip my brain through every task. I faced each day with dread—went home each evening exhausted in mind and body, every last ounce of vitality sapped, every muscle and nerve tortured with the devils of fatigue.

A Victim of Old Age

I felt myself slipping, slipping—and I could not hide it from the world. As I faced myself in the mirror I realized that the hand of time had put its mark upon me so that all might read. I dared not think of the future. I was living only from day to day, hoping and fighting only for enough strength to carry me through each day's work.

And now the day of reckoning had come—my hour had struck. The grim, irrevocable messenger of time had come, to day: **YOU'RE Through!**

For a younger man, loss of a job is bad enough—for me there was no hope. Nobody wants to employ an old man. Sixty per cent of men are doomed to a dependent old age!

If only I had provided in time for the inevitable coming of old age—if only I had laid away that "nest egg" that I had so often thought about but that somehow had never materialized. I had thought that there would still be time. After all, I wasn't an old man—I was young compared to other men who were still playing the game hard—that is, as far as years are concerned—but in bodily vigor and mental energy, I was very very old. And that is what counts.

That day was the blackest day that I have ever known. It was only a little over three months ago and yet as I look back on it now it all seems like a bad dream. It is hard to



believe that the beaten, disheartened old man who walked in the depths of failure was no other than myself. For that day which I thought was the end of everything has turned out to be only the beginning. It brought to me a great awakening—the awakening to undreamed of possibilities—undreamed of success—undreamed of happiness! What has taken place in only a few short weeks is nothing short of miraculous.

My Amazing Re-Creation

Today I am a young man—young in mind and body—young in spirit—young in energy—young in brain power—young in work capacity! It is just as if I had been completely made over—an old man transformed in to a young man! My old, worn-out body has been rebuilt. Today I am in the pink of physical condition—my chest is deeper—my muscles are bigger and firmer—my skin glows with health—my eyes are brighter—my carriage is more erect. And with the return of youthful health has come youthful energy—the fine flow of vitality that puts enthusiasm into everything I do—the endurance that carries me through the hardest day's work without fatigue.

As a result I am achieving a greater measure of business success than I ever reached before—my earning capacity is greater, for I am bringing to my work the most valuable combination possible—the combination of years of experience with the driving power of youth.

And yet, not three months ago, I bitterly told myself that there is no room in business for old men! Why, business would willingly pay a high premium for the ripened judgment, the rich experience, the trained faculties of "old" men if only these qualities could respond to the demands of business. But the trouble is that as men grow old they lose their physical vigor—their stamina, energy and enthusiasm. Their bodies are unable to stand the pace—they slow down, lose their grip, and then—sixty per cent of men face a dependent old age.

But I am digressing from my story—the story of my re-creation. I feel sure that there must be many men—and women, too—who, feeling as I did, the relentless hand of age upon them, will be interested in knowing how I "came back"—how I grew twenty years younger in a few weeks. Yet it is all so simple and easy that some will be inclined to doubt, for I owe everything to a course—a series of lessons entitled "Making Old Bodies Young," written by Bernarr Macfadden, publisher of the Physical Culture Magazine and one of the world's greatest authorities in the care and improvement of the body.

The Science of Being Young

In his remarkable course, Mr. Macfadden reveals the whole subject of old age in a new light. He explains the whole wonderful method by which the effects of age may be lessened and overcome. Each lesson is so easy to follow that any one can get the full benefit of Mr. Macfadden's system in only a few minutes of their spare time each day. In fact many principles are explained which require no extra time at all.

If there are those who doubt the possibility of rejuvenation—of regaining the vitality of youth—I wish that they might meet Mr. Macfadden face to face, for he is the living proof of the effectiveness of the method given in his book. Although well past the half century mark, Mr. Macfadden today might well be envied his splendid physical development, health and energy by a man half his years.

Examine This Course at Our Risk

Mr. Macfadden has consented to let you examine for yourself without any obligation his astonishing course, "Making Old Bodies Young." This liberal offer enables you to see for yourself just what Mr. Macfadden's new method is and how in your own case it may mean the rediscovery of youth, health and happiness—how it may enable you to add years of your life, to grow twenty years younger in a few weeks!

Old Age is a disease—a disease that slowly but surely works its way through the system and puts men on the scrap heap long before their natural time—a disease that robs men of the years that should be rightfully theirs—that cuts off their earning capacity at the time when it should be at its height—a disease that destroys the joy of living.

Simply mail the coupon below with \$5.00 to serve as a deposit. You will receive promptly the 38 lessons comprising Mr. Macfadden's wonderful course in "Making Old Bodies Young" for five days' examination. If at the end of the five days you feel that you can afford to be without this invaluable course, simply return the lessons and we will return your deposit immediately. Remember you need not keep the lessons unless you are absolutely convinced that their amazing secret of prolonging your youth is worth many times over the trifling cost.

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Living the Physical Culture Life

In this department we have the pleasure of presenting letters of personal experience from our readers. The story of what others have done in building health, strength and energy is always interesting and stimulating. Attractive photographs demonstrating the good results of physical training and health care according to methods taught by this magazine, are always especially appreciated, though we cannot promise to publish all letters and photographs received, nor can we promise to return them. Be sure that your letter of comment or experience is carefully read and appreciated by the editors even if not published. Publication is sometimes delayed several months. Published letters will entitle the writer to a free subscription to PHYSICAL CULTURE if application is made therefor after publication.—The Editor.

One Woman's Way

TO THE EDITOR:

I am a woman, and am writing entirely from a woman's viewpoint. If my story may, by chance, help even one other person, I give it gladly.

My mother was very far seeing. Women in her day, who believed in "physical culture" for girls, were thought eccentric and mannish. My mother realized, however, that health meant physical fitness. Physical fitness meant increased power "to be," and "to do." All during my girlhood I was given the benefit of physical culture training, by the very best teachers obtainable. Had I not married, I probably would have taken up the teaching of it.

My husband, being physically fit, also, our children, two boys and a girl, have been blessed with sound bodies and active minds. When the little girl, who is the youngest, was just able to walk, it was found necessary, on account of an injury, for me to undergo an operation. This proved, in the end to be two—the last one, the most vital, a woman is ever called upon to endure. Absolute invalidism followed.

During the two years in which my body was endeavoring to "come back" to normal, my children were taken care of by maids, housekeepers or relatives as convenience dictated. Just about the time I was beginning again to assume the duties of a mother and home-maker—a double sorrow came to us.

My body, not yet fully recovered from the physical shock, was unequal to this mental one, and so collapsed. Seven weeks were spent in a hospital, with nervous prostration, which involved both mind and body. Intense melancholia followed. When my body had recovered sufficiently, I was brought home—a weak, dependent invalid.

A dreadful fear, was my constant companion. Most of the day was spent in my room. I was constantly looking for, and apparently finding new symptoms, which were duly reported to the attending physician. To the children "mother" meant a strange sort of creature, shut off in a room, and to be avoided. They did not come to me for anything, as it was understood that "mother could not stand this," and "mother could not stand that." I was simply a useless figurehead in my own home, and the worst of it was, I seemed to have no desire to become otherwise.

I wish to state here, the wonderful patience, endurance and thoughtfulness of my husband. If he ever felt discouraged, he never let me see it.

This went on for nearly a year, when at my request we changed doctors, as I felt the one attending me, "did not understand my case." I was in bed, in a state of collapse, when the new physician came. It took me some time to tell him everything that was wrong. He listened, very politely—all the time making a thorough physical examination.

He and my husband then left the room, closed the door, and stood outside talking. I am sure they did not intend me to hear what they said, but I have been thankful ever since that I did. This is the conversation I heard; "Well, doc,"—in the discouraged voice of my husband—"the doctor at the hospital, told me to expect a few months like this, but I did not think it would run on and on, indefinitely." Then the doctor:

"There is nothing organically wrong with

your wife. She needs something to take her mind from herself and her imaginary ills. She is introspective and the worst of these cases is, that the patient cannot help it. Her ills are as real to her, as if they absolutely existed.

"Of course I can give her drugs, but that would only delay her recovery."

Then they went away. Imagine, if you can, my feelings. "Nothing wrong but nerves!" I had just told the doctor, at least six different things which were wrong. "The cure lies with the one afflicted!" This last phrase stuck in my mind.

The more I thought of it, the more angry I became. I was so angry I almost forgot I was ill. I would change doctors at once. My blood began to circulate faster than it had for months. I had received the shock I needed.

Unconsciously I began to think of other things than myself, and my ailments. The thought of the children, came to me. What had they been doing during my illness?

When my husband came back into the room I was crying—I cried and cried. Alarmed, he wanted to call in the doctor again, but I would not let him. I actually cried myself to sleep.

When I awakened, my mind at once took up the thoughts, which had begun to surge through it. I did not let my husband know that I had overheard their conversation—nor does he know it to this day.

I began deliberately to plan my recovery. My body, of which I had previously been so proud, was in a horribly weakened state.

I must "come back," but how? In my nervous condition this was no small task. My husband noticed some change in my condition, and was puzzled over it.

Naturally my mind went back to the physical training which had been given me. Many hours still were spent lying down. Could I adapt physical culture to my weakened condition. I must try.

First I opened the windows and lying on my back began the exercises I could use while lying prone.

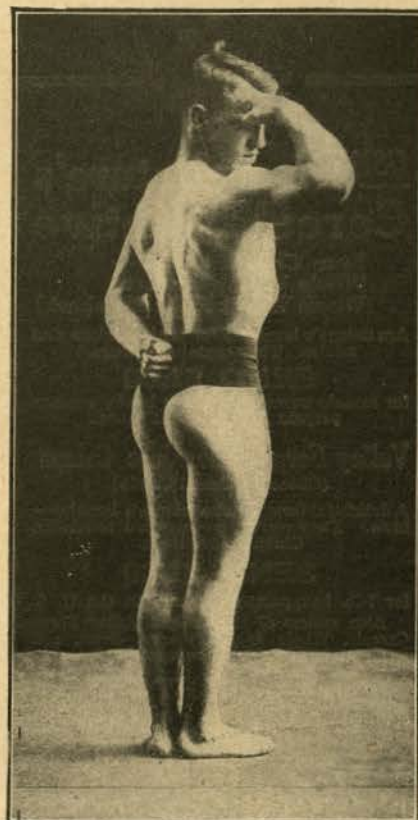
After each period of exercises I would relax absolutely until thoroughly rested. Do not think this was all done at once. The first attempts were full of agony and disappointment.

Improvement seemed so slow, but as long as there was improvement, there was hope of more, and so I kept on. I need not enlarge upon the exercises I took up. Needless to say, I was glad of the training I had been given as a girl.

From exercising in bed, I soon was taking them standing up and gradually, the great fear which had been my constant companion for months left me. I was able to go out doors, and enjoy the part of God's sunlight and air which were my portion.

Eventually I was restored to my family. I realized how good it was to be alive. From being a phantom mother I became the chum of my children and the companion of my husband.

As we are only in moderate circumstances, our resources had become drained by my long illness, and the attending expenses. My husband had had nearly four years of worry, and expense. I became determined that now I would not add to these, by maintaining an expensively run home. In order to economize, I must assume the management of my house myself.



ARTHUR HYSON

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Could I do this without endangering my recently recovered health?

Doctors all say that the movements gone through with while sweeping, and doing other household duties, are splendid body builders, if they can be done in the open air. Then why not bring the fresh air into the house? Gradually I assumed one task after another. Each movement required in the performance of my work, was done according to physical culture rules; plenty of fresh air in the bed rooms while making the beds, even in the coldest weather.

Sometimes I found it necessary to wear a heavy sweater, while working.

I am not advocating that all women do their own housework. The woman who is free from household cares has many other ways to keep her body fit.

The important fact is this; *my recovery* has become an assured fact, through the adaptation of physical culture to conditions controlling my situation. While ill I weighed less than one hundred pounds. Now I weigh about one hundred and forty.

One must eliminate worry. If one can retain always one's peace of mind one can meet any situation successfully.

Civilization has done away with, to a great extent, the outdoor life, with its attendant habits. In order to counteract this we must substitute physical culture for the natural exercise of our primitive ancestors. The sooner man realizes that a sound body is the only fit home for a sound mind, the sooner will he insist upon the keeping of the body fit. Wyandotte, Mich. N. E. C.

It Can Be Done

TO THE EDITOR:

Just as I have put off writing this though it may help others, so did I delay trying physical exercise to help myself, as you will see it has by the following narrative.

First, I must tell you the time-worn phrase "Haven't the time to —" is no excuse. Honest desire will find the time. I thought I could not get the time to write this until I read my chief's (Secretary Daniels) personal story in the June PHYSICAL CULTURE, and comparing his demands for time with my own, I resolved that this could be done even if written while riding on the street cars, which is the case.

When I was but six years old a fall down a flight of steps dislocated my hip, causing it to become stiff jointed, through lack of exercise. I put up with this, going about on two crutches, consoling myself with the doctor's diagnosis that all had been done that was possible when it was reset, the stiffness could not be helped; until I entered the High School, and with my classmates joined our local Y. M. C. A. They would go off to the gymnasium and I to the library. After watching them from the gallery for a while, with longing heart to be one among them.

It was here that I first read that benefits could be derived from properly applied exercise. I then and there determined to use all my will power to attain my ambition, and purchased myself a pair of tennis shoes, white duck trousers and shirt. For quite a while I contented myself with what I termed stretching and limbering up exercises, viz: lying out flat and moving my legs up and out in a rotary motion, following likewise with arms, wrists, back and head. Next I started with the weights and machines. This worked so well, and my vitality increased so much after a year's constant work that I then set in to straighten out my leg by constructing a window weight to a sash cord through a series of pulleys over the footboard of my bed to a screw eye in the heel of my shoe. With this make-shift apparatus I managed to both straighten and strengthen my muscles, so as to have free use of the leg enough to discard one of my crutches.

On entering the University of Pennsylvania where every student must take physical

culture I was given a thorough examination by Dr. Tate Mackenzie. I learned a great deal of the muscular actions of the body and had the Physical Director give me his course for strengthening the spinal column and limbs. This I have followed daily, going through strenuous exercises and the days I was too tired, omitted the weights, merely using the form to keep up the habit.

As a result, today, instead of being a puny undeveloped man of thirty years, confined to desk work in a close office, I am five foot, ten and one-half inches tall, weighing one hundred and fifty-eight pounds stripped, living an outdoor life of a contracting business, being able to walk any beam or wall with my fellow workmen. Within the last three years I have taken up motor cycling, swimming and canoeing, having discarded the other crutch, getting about as any other normal person.

May I impress upon my readers that it is never too late to start, do not be discouraged by any physician's verdict—most of them are wedded to the colored drugs and white powders. Remember that God gave us plenty of vegetables and plenty of atmosphere, so use them. If you would ask me for a formula to health I would say:

1. A good Physical Culture Magazine.
2. Ambition.
3. Will power.

The first will sow the seed for ambition, and this, the second, by the constant periodic inspiration from the articles in the first, cannot but help you to exert your strongest will-power, and once started it is not hard to continue.

The above is my true life's history to date, and if it has no further results than to inspire one subnormal soul to higher ambitions I'll feel my midnight oil has been well spent.

Respectfully,

ALLEN H. POTTS.

From College to Horse Ranching

TO THE EDITOR:

One night in early spring in my Junior year at college I laid down the physics I had been studying and began to think.

I had allowed the light of my health to burn so low that it was in danger of flickering out. I had scorned all health measures, and begrudged every minute devoted to exercise. It dawned upon me that I had overlooked the most important element in my striving for success; so I resolved to turn square about in my course.

When I went in to breakfast next morning the family was much worried, especially Mother, because of my careworn look, and became still more uneasy when I began to pack my trunk. Mother entreated me to reconsider, when I confided that I intended not to return to college but to leave for the Northwest at once.

The family tried it's best to prevail upon me to stay home and submit to treatment by the old family physician; but while I did not tell them so, I knew I had lost faith in the "old family physician" long since.

I went to an isolated spot in the Northwestern Rockies, and after some looking around found a job on a horse ranch. I fed the chickens, helped wash the dishes occasionally, and puttered around at the chores in general; keeping out of doors nearly all the time, eating plenty of good wholesome food, and drinking great quantities of fresh milk. I suspect that for the first few weeks my board was worth more than the work I did.

However, I began to improve and gain in weight almost from the first, and by adding long tramps and horseback rides to my chores, in three months was in such good health that I was taken on as a regular hand. About this time I met and made friends with some young people who were very much interested in physical culture. I soon left off all my bad habits, coffee, cigarettes, cock-tails, late hours, etc., and the rest is a short and simple story as far as my health goes. A. F.

Fresh Air for Health

TO THE EDITOR:

Born with two big handicaps, a frail body and too indulgent parents, it seemed as though the doctors were right; and that I would not live long or amount to much—on both of these counts I am trying to prove otherwise.

I could not take part in the sports of youth on account of my weakness, and all of my younger days were barren of those joys dear to the modern child. It was one long round of physic, doctor's pills, potions and plasters, until I grew to hate the sign of an M. D. I took but little interest in my educational studies. Sometimes a superior mind will achieve success in spite of an inferior body, but to the most of us, any physical ailment is a good excuse not to do anything we can get out of.

In one of the intervals when not "doping" myself, or having the doctors examine me (at \$2 per exam.) my good mother caught me reading a magazine on physical culture and held up her hands in holy horror.

As I turned the pages and read how people had regained their health by following Nature's ways, it seemed like a direct personal message; yet too good to be true. Foreseeing possibly the coming loss of his almost daily fee, the doctor severely censured me for reading such a paper, saying its teachings would do me morally and physically a great deal of harm, etc.; whereas my many years study of it has produced exactly the opposite effect.

It is said that the great war will cause a scarcity of doctors. So much the better. If people must depend on that seemingly rare commodity, "fresh air," as their doctor, then let us be thankful that the coming race will be a nation of men all through. The future public school buildings will have in or near them large bathing-pools and the swimming instructor will take rank with the teacher of arithmetic. If a man needs stimulation, let him find it out in the open air. Added years comes to him who learns that water inside and out is the best of all stimulants.

If outdoor recreation of both sexes can be increased, think of the better showing we can make in the next war our country is forced into. Perhaps the necessity of having to feed Europe this year will help to stop the American "grave digging with their teeth" habit.

No nobler effort could be expected of anyone than he who strives to help create a race of supermen and women, fit to battle for freedom, able to storm the trenches of war or business, and to carry the message to the uttermost parts of the earth that health is wealth, sickness is sin, and the greatest success of all is not mere money getting, but to live the allotted three-score and ten with the soul's temple in good working order.

WILLIAM J. FRASER,
Rochester, N. Y.

Overwork, Disaster and then a "Come Back"

TO THE EDITOR:

I enjoyed very good health until twenty years of age. At this time both my parents died leaving me to assume the management and responsibility of my father's farm, and four younger sisters. This I did for a time, but I overworked and allowed the responsibility to weigh so heavily upon me that at twenty-two I found myself a physical and nervous wreck.

I realized that my health and strength were leaving and this caused worry which aggravated my condition. Work became impossible. I could not eat nor sleep properly. Our family doctor gave me many different tonics and medicines, all of which proved useless.

Another doctor and still another were called, all of whom administered much the same treatment.

I was then advised to undergo hospital treatment and spent three months in a general hospital, returning home with no improvement and with a feeling almost of despair.

I next began taking everything I saw advertised that I thought might do me any good but this course proved worst of all; for I soon had my stomach in such condition that I could eat but very little food.

My nerves were gradually becoming worse and worse and this caused a fear of insanity. At this time I entered the hospital ward of a lunatic asylum as a voluntary patient and began treatment there. Under this regime I made some improvement and attributed it chiefly to the natural methods employed.

No medicine was given me and the plain diet, fresh air, exercise, regular habits and baths caused a change for the better and convinced me that such a system was the only rational treatment for my case.

I had heard of Bernard Macfadden's system of natural treatment and decided to investigate. This was the turning point in my career. From the very first I felt convinced that his theory was correct and that I could yet be well. I spent three months and built up gradually day by day gaining in weight and regaining confidence and ambition.

I fasted for fourteen days and cleared all the poisons and waste matter from my system. Then on an exclusive milk diet which with fresh air and exercise built up a new and solid tissue to the extent of about thirty-two extra pounds.

I had spent most of my worldly goods in hunting for health and although of course this handicapped me in the race for success, yet I felt fit and buckled right in with a determination to regain my lost property, and make good.

At first, the proposition was hard and I had many obstacles to overcome. However, I stuck, and to-day besides enjoying that greatest gift of all—good health, I also am enjoying a very comfortable financial position.

JAS. B. FERGUSON,
Ontario, Canada.

He Left Home for Health

TO THE EDITOR:

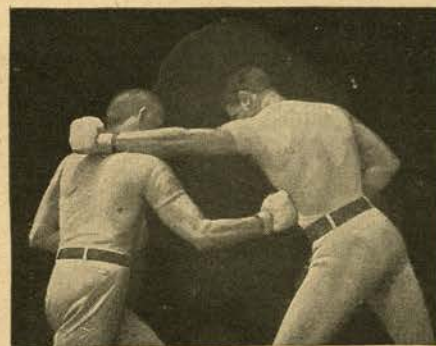
Some years ago, in the prime of life, so to speak, I found myself in the clutches of "nervous prostration." I grew up on a farm, where a man ought to be free and healthy. But prudery was the rule in those times; so I lived a youth of worry and fear. By the time I was fifteen I had varicose, hernia, catarrh and indigestion. The next dozen years I did my full part towards making the patent medicine business flourish. I pursued with ill-advised zeal that grotesque method of "getting cured."

I never learned to swim because there was so much danger of getting drowned! I could not hunt because I might get shot! I was not allowed to play cards or to dance; for they were wicked.

I always had the impression that I was a candidate for the physical dump heap. With years came some degree of enlightenment, but as I had no faith in my physical redemption I was only half-hearted in ameliorating my condition. At a good hospital, however, I left my various ailments. But this relief never convinced me that I had not been hopelessly "done for" before I became wise enough to do anything for myself. Along with physical dilapidation, I became a religious, social, and ethical skeptic. My older brother died young, and thereby hangs a tale. In disgust, I often was impelled to "skip out,"—"to parts unknown."

All this time I managed to play the role of a member of an old respected family. I often used to curse my fate, ape the best of them, and take a fiendish pride in the adroitness of such a gigantic and tragic hoax. Death is not the greatest of tragedies!

But finally I went smash. My "doctor" had diffidently and perfunctorily given me weak and proverbial advice,—and dopes as futile. My only hope was to pull off the old coup and "clear out," which I did. I put a couple of thousand miles between me and every



Who wants these Boxing Lessons?

You read PHYSICAL CULTURE because you are interested in taking care of yourself. And, you are quite right in thinking that any good form of exercise is a step in the right direction. But, there is a way of taking care of yourself that almost everybody neglects.

Suppose, for instance, someone should attack you tomorrow. Would strength and physical development alone protect you?

Or suppose someone should use improper language in the presence of your mother or sweetheart. Could you teach him a lesson?

Or if someone at the gym or at the office or shop says, "Let's put on the gloves"; can you do it and really take care of yourself?

Wouldn't you like to know how to box—not only for the exercise but because it will enable you to hold your own if called upon?

Wouldn't you also like to know how to box because a good boxer has grit, confidence, self-reliance and courage in competition? And after all, isn't just having these things that counts, but in having them in competition. The man who has courage, confidence and grit in competition will be more likely to succeed in whatever he undertakes, whether it's in boxing or in business or social life.

There is an easy simple way for you to learn to box. Marshall Stillman has developed what he calls his "shortcut" course, a unique original method of teaching boxing. He begins with the things you know, such as holding out your hand for a coin, the breast stroke in swimming, etc. He shows you from this simple beginning how to strike correct blows, guard, feint, etc.

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association and suggestion a man can leave behind him. The next year was a year of anguish! But far from the constricting ideas of the old neighborhood, I began to breathe the fresh air of mental and physical freedom. I thought what I wanted, and ought to think, and there was none to hinder. I did what I wanted, and ought to do, and there was none to say: "Bah," or "talk about" it. And I ate what I wanted and ought to eat, and there were none to say: "How queer" or, "It won't hurt you a bit."

That was several years ago. I have liked the free-thinking, free-acting, straightforward, life so well, that I have never returned to "the old town." I enjoy health and a regard for my physique that in youth and young manhood seemed gone forever.

Recently I employed a trustworthy physician to give me a thorough physical examination. He pronounced me sound. I pass my annual life insurance examination without eliciting a single suggestion. People remark that I am "looking fine"; instead of offending folks as I used to in my old condition, I make friends, and everybody seems to like me.

My youth was lost; lost to the contemptible spirit and prudery of the times; lost in what we all now see is the dawn of a brighter day. In that same misty dawn I think of many a happy life voyage cut short by "divine providence" (?), and now I think of many a sad hulk hanging hopelessly on the rocks of physical senility and hopeless disease.

The man who is so down and out that he can't feel a thrill of hope at reading it, is down and out for sure!

PHIL MASON.

Twice Saved By Exercise

TO THE EDITOR:

Physical culture has twice saved my life and made it worth living; once when I was twenty and again when I was fifty years of age.

When I was born, sixty years ago, physical culture was unknown. I was a sickly child but no effort was made to improve my condition. It was the "Lord's will" that some should be weak and some strong, and it seemed almost impious to think of changing what had been planned for us by a divine being. Also it was the "Lord's will" that we were poor and I was obliged to go to work at the age of eleven. Ten hours a day in a shop and all day Sunday in church had its effect.

At the age of twenty I had consumptive tendencies and I fully expected to be one of the numerous victims of that dread disease.

Then a fortunate thing happened. The bicycle had just been invented and I was one of the first to get the "craze."

For the first time in my life I knew the delight of abounding health. It was a revelation to me. All the world looked bright and happy. The dark spectacles through which I had viewed it were laid aside. I began to love nature and on my bicycle I made long trips.

It was evident that my improvement was the result of physical exercise and fresh air, therefore I joined the Y. M. C. A. gymnasium for the winter and in some degree developed my puny body.

I regret that I had only one winter in the gymnasium. The bicycle exercise was fortunately continued through several years and my body and mind were both materially strengthened.

I joined in the game of life with a keen zest that is only possible when one has vigorous health. I left my poorly paid job and engaged in business for myself. I married and in due time had five healthy children. I continued to use my bicycle as long as any one rode, and then reluctantly gave it up. My business which became very prosperous kept me quite active and I did not miss my exercise as I was absorbed in many matters; and little by little I fell into the ways of the average business man and ate more than was good for me, and

neglected exercise entirely; but the impetus given to my vitality carried me safely along over these years of neglect.

Then at fifty came a series of calamities. An accident, and the loss of my wife prostrated me. I was taken seriously ill and expected to die. My doctor changed his diagnosis of my case several times, finally calling it tuberculosis of the bone, and gave me one year to live.

Fortunately a friend of mine persuaded me so see an osteopath who encouraged me and started me to seek health once more. My first effort was to get rid of severe pains in my shoulder that the M. D. had called rheumatic pains. I bought a pair of Indian clubs and used them. In one week all those pains were gone and they never returned. I reasoned that if one week's use of a pair of clubs could eradicate pains that had troubled me for months, I would rejoin the Y. M. C. A. and work out other pains that had developed. Among other troubles was ptomaine poisoning. I found that all the pains it caused, could be worked out by exercise; but it required over two years in the gymnasium to eliminate all of them.

The last victory I gained was with my eyes which were affected by the ptomaines. It seemed a foolish thing to attempt to cure them by exercise, but that is just what I did, using the simple exercises and massages that are given in a course on Strong Eyes.

In addition to the ordinary calisthenics of the gymnasium I have become very enthusiastic in playing volley ball. Three or four times a week, I play for an hour or two at a time, and then take a swim in the pool. When I began my swimming again I had regained much of my lost strength but never was much of a swimmer, and found that the length of the Y. M. C. A. pool was about my limit. By constant practice I was enabled very soon to swim many times its length and now I am limited only by the cold.

If the water is warm enough I can swim or float for an hour. Swimming is the king of all exercises as it can be indulged in with pleasure, no matter how tired one is from other exercises. It is a combined rest and exercise. Rest for the muscles generally used; and exercise for many muscles that are not often exercised.

Walking has always been a pleasure and naturally I have added that to my list. I enjoy especially to walk in the snow. I have walked in every snow storm thus far this winter distances from fifteen to twenty miles. In some places the snow has been up to my knees, and I could not make over two miles an hour. The joy and exhilaration that comes from breasting a storm can be only known by one who has done it.

Some one may ask, "Does it pay to devote so much time and thought to one's physical welfare?"

It does, most assuredly. Even if one's ambition is to develop the brain only and use his mind without thought of ever using his muscles, it still pays to build up a good physique. For without that a clear mind is impossible.

When I was ill I was hopeless and unambitious. I could not think clearly on any subject. I was prejudiced and narrow. Nothing that I touched succeeded. On the other hand when my body was in good trim I could calmly and sensibly reason out the problems with which I was confronted.

I belong to a class of one hundred and twenty business men who each and all agree that the time we spend in the gymnasium in physical exercises is time well spent. Many, perhaps most of us, can see a great improvement in our ability to conduct our business, that is directly traceable to our recreation in the gym.

Whatever one has done that is worth while, could be still better done if more bodily vigor were available. Health is the greatest wealth. It lays the corner stone of all success.

HENRY SEE.

Providence, R. I.

We Will Not Pass This Way Again

By J. K. Levin

A MAN of my acquaintance, once learned a lesson in physical culture which will probably last him till the end of his days. Feeling languid and peevish, he called on his physician, a man of the modern school, who makes much of the recuperative powers of the body, and sets very little store by materia medica.

"Doctor, I want you to prescribe me a tonic; I am all run down. I really cannot describe my symptoms. I just feel listless and enervated, and in fact, miserable all over." Such was the statement of my friend. After examining him thoroughly, the doctor electrified him with the terse though serious comment: "Go and steal a horse!"

"What do you mean," cried the patient snappishly, "do you think I took the trouble to come here in my present condition to listen to any of your stale jokes?"

"Oh I'm perfectly serious," replied the physician. "Go and steal a horse, give yourself up to the police, go to jail, and six months incarceration will make you as healthy a man as there is in the state. You eat too much and exercise too little. Organically there is nothing the matter with you. In jail you will get plain, wholesome food, plenty of exercise, and you will be compelled to keep regular hours."

There are many such. Over-feeding kills its thousands where starvation kills its tens. There is a way in which a loaf of bread is as deadly as a bullet. The meal we walk to is more beneficial than the meal that is brought to us. A complete essay on physical culture is contained in the statement that "chickens, to be healthy, must scratch." The savage does not know the meaning of the word indigestion. He needs no dentist; on the contrary he possesses strong white teeth, the envy of the civilized person. He puts his teeth to work, he exercises them; instead of eating mush or pre-masticated food.

I remember an eminent Chinese herbalist who, while discussing the efficacy of a certain medicinal leaf, said smilingly that the climbing of the tree to obtain the leaf, was a good deal more effective than the medicine itself.

The weather-beaten oak tree gives the toughest and most durable wood. With it our ancestors built their strongest battle-ships. Watch the trees swaying back and forth in a storm, bending but not breaking. This is nature's way of strengthening the tree, root, trunk, and branch. The tree that has been bowed and bent, knotted and gnarled in many a storm, produces the wood that possesses solidity and elasticity. The ancient, so-called "cruel," law, of the survival of the fittest, applies in the plant world, as well

as among the lower animals and among human beings.

It is a case of self-preservation. The only way man grows, physically, mentally or morally, is by exercise. The exercised muscle is thus built up into power and endurance. The exercised brain becomes more and more capable with every thought. The moral nature grows ever stronger with every successful resistance to temptation.

It is a platitude but nevertheless an undoubted fact, that he who possesses everything the world can offer, but lacks bodily health, lacks everything. For "what shall it profit a man if he gain the whole world, and lose his own life?" Wealth, position, power, are but Dead Sea fruit, as ashes to the taste, when one is broken in health. For he gathers riches which he cannot enjoy. They shall be used by another, who did not gather them.

He however, who has few of the good things of life, but yet is the fortunate possessor of a robust constitution, has everything. He possesses the indispensable foundation on which all the rest may be built. Having health the rest shall be added to him.

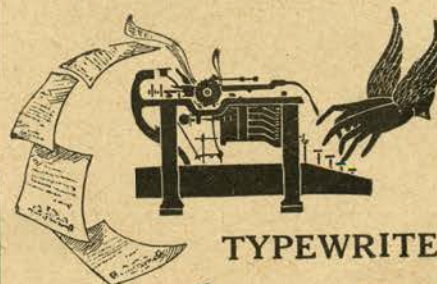
A healthy body is a priceless possession, though we seldom appreciate health till we are in danger of losing it. We take it as a matter of course, as we do most of the good things provided for us by a beneficent Creator. All the wealth of the Indies cannot buy health. It must be worked up to, and earned. It cannot be obtained out of a bottle, whether the bottle contain a stimulant or a drug. It cannot be found by journeying round the wide, wide world. Yet daily may be witnessed the sad sight of hundreds going to this place or that, to recuperate; thousands wending their weary way to this sanitarium or that, for treatment, tens of thousands preparing for the stab of the surgeon's knife in a pitiful endeavor to regain that which they have lost. Their minds were filled with business or pleasure, they mapped out projects and ventures, they were filled with schemes and plans. They provided, as they thought, for every contingency, but alas, they did not provide for the most important contingency of all, the loss of health.

Thomas Carlyle said, "I will only pass this way once." This is our one certain opportunity. Look this fact in the face. One body only is given to each of us. It is ours to make or to mar. One body beautiful, with infinite possibilities and potentialities.

The earth is full of ore undigged, of mines yet to be uncovered; and the April soil is filled with seeds yet un-grown. The body is full of strength and reserve power, marvelous, undreamed of,

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but yet to be developed. We are the stewards, the trustees of this great treasure-house of the body. Happy the one who appreciates this sublime fact, and governs himself accordingly. Woe to him who is derelict in this obvious duty, for he shall pay to the last iota, and with interest. Furthermore, we will pay as a nation as well as individually.

The acid test of this frightful world-war has revealed the astounding and disquieting fact that thousands of our youth are physically unfit. With feverish eagerness the rulers of this republic, wide awake to this fact, are bending their energies in the direction of national efficiency. On physical fitness depends the very life and existence of this, and of every other country.

Apart from the patriotic motive, we are beginning to see the necessity for physical culture for its own sake, for the sake of our health and happiness, even for the sake of our children's children. This idea is now permeating every home, factory, workshop, and business house. It has proven to be the only royal road to success. The regimen, the exercise, the discipline and general training which has worked such a marvelous transformation in our soldiers, will do the same for our business men and professionals.

There is a wonderful law of reciprocity running through the whole of nature. The seed produces the plant and the plant the seed. The egg produces the chicken and the chicken the egg. On the desert no rain falls, and because no rain falls, it is a desert. Things are so inter-related that each is both the cause and effect of the other. The motto of the ancients, which was also their ideal, was, "Mens sana in corpore sano." They worked for a sound mind in a sound body. And here is this law of reciprocity. Mind and body are interactive. If the body is sound, it follows, as the night the day, that the mind is sound. Health is the prime factor in efficiency, just as the knowledge and feeling of efficiency supports and sustains physical health.

Ill health causes mental depression, and conversely, mental depression is a certain cause of ill health, as well as the chief factor in preventing recovery. There is no doubt that good work causes enthusiasm, whilst enthusiasm for the work in which one is engaged, brings wonderful results. Moreover enthusiasm is contagious and reacts on one's associates, making for efficient work in others.

Success comes seldom by chance, and to be able to work hard, robust health is absolutely essential. Success attends the confident man and confidence depends on the feeling of fitness and ability. Success follows the cheerful man, the man with the optimistic outlook, and there is no surer producer of optimism and good cheer, than a good digestion, elastic muscle, pure blood, and a vigorous frame.

There are a few, a very few exceptional geniuses, who were successful in spite of physical infirmities, but the overwhelming majority of successful men and women in every walk of life, drew their success from the "mens sana in corpore sano."

A sculptor's chisel in the hands of a bungler will mar the loveliest statue. In the hands of a burglar it may become a bludgeon. It is given to each and every one of us to make or mar our whole lives, according as we build up or break down our bodies. The sculptor strikes no blows at random. With steadfast eye and purposeful mind he makes every stroke tell in the result aimed at. We are all trustees of something more infinitely precious than the most beautiful statue every dreamed of by Phidias or Michaelangelo. The human body is God-given. Its possibilities are illimitable. Its inexhaustible potentialities are clamoring to be used, its extraordinary reserves are waiting to be tapped. Care and culture of the body is the *sine qua non*, the first stepping stone to success and the rest is added thereto. But one body is given to us; and we will not pass this way again.

Are You A Joy Crusher

By Edith Tromp

I SAW a young woman, her eyes were bright with joy, a great pan of dishes had raced through the water and now set, shining, upon the shelves. Her step was full of spring, a tune fell from her happy lips.

Then the husband appeared; she lifted her pretty eyes to smile on him—but he frowned and commenced some paltry nagging about the children. The tune fell back, unsung.

A half hour later, with listless step and eyes no longer glad, the young woman was still dragging through the never ending pots and pans.

I saw a little boy. His healthy, freckled face was alive with animation.

He hip-hopped gleefully around the room, talking nonsense and cutting monkey shins.

His big brother found fault with him, so his father pitched in and lent a hand.

A half hour later a little, red-eyed fellow lay sobbing in the garret. He was wishing the age-old wish—that he were dead.

I saw a husband come home, tired but peaceful. His step quickened as he neared the loved home door. He almost bounded into the room, but the gloomy face of his wife caused the light in his eyes to back-slide. He was very weary; life, after all, was pretty trying on a fellow.

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We want the best novel that can be written for the **PHYSICAL CULTURE MAGAZINE**. Therefore we are announcing an offer of \$3,000.00 for the best novel submitted to the Editor of **PHYSICAL CULTURE** prior to October 1st, 1920. It may be that this novel will be written by an author already famous. Or it may be that some obscure, as yet unknown, literary genius will be able to provide such a work.

Send in your story as soon as you like. We may publish one or more of these stories prior to the completion of the contest, but this will be with the understanding that the said early publication will not in any way affect the decision or award of the judges.

All manuscripts must be signed by a *nom de plume*, the real name of the author being enclosed in a separate sealed envelope attached to the manuscript with the *nom de plume* on the outside of the envelope. These envelopes will not be opened until after the prize has been awarded, except in the case of any story that may be selected for publication prior to the completion of the contest. The contestant should declare whether he wishes the story to be published under his own name or under the *nom de plume*. Manuscripts must be typewritten and sent flat.

All prospective contestants are urged to retain a carbon copy of their manuscripts, inasmuch as the Physical Culture Publishing Company will not hold itself responsible for the return of every story submitted. It is of course expected that unavailable stories will be returned to the writers providing return postage is supplied, or they may be returned by express collect. But in the handling of hundreds of manuscripts there is a possibility, though not an expectation, that one or two may be temporarily mislaid, even though it will be found later. Such is publishing history. It is for this reason that manuscripts will be submitted at the owner's risk, and for this reason also that every writer should retain a copy. All prudent writers do this as a matter of course.

The Physical Culture Publishing Company will reserve all motion picture rights for the prize winning story and for other stories accepted and published. Book rights can be retained by the author. The story that we consider the best will be paid for at the price mentioned, \$3,000.00. All additional stories that we wish to retain and publish will be paid for at a price to be arranged with the author. The prize-winning story will be published in the **PHYSICAL CULTURE MAGAZINE**, as will perhaps some others. The **TRUE STORY MAGAZINE** has agreed to accept some of the stories which cannot be used in **PHYSICAL CULTURE**. In this way we will probably be able to use ten or fifteen of these serial stories.

In reference to the question of suitability of publication in **PHYSICAL CULTURE**, the prospective contestant is reminded that the term "physical culture" covers a very broad field. It is not limited to matters of gymnastic training or physical culture in the narrow sense. The term embraces all habits, conditions and influences which affect one's health, fitness and efficiency. It is for this reason that problems involving various forces and conditions of life may be represented in a story of great depth and dramatic power suitable for **PHYSICAL CULTURE**. It is not essential that a novel should too directly point toward a physical culture moral. It is only necessary that it should have an atmosphere or flavor in harmony with the spirit and teachings of this magazine.

It should be remembered that this is a purely fiction story contest. The claim that any particular story is founded on an actual experience or is true to life will have no bearing upon its availability. What we are looking for in this instance is high-class fiction. Apart from the value of the true story as a source of interest, and it is not to be denied that truth is often "stranger than fiction," yet it is a fact that in many cases the problems of life and any lessons which it may be desired to teach are often much more effectively presented through the artistic development of a well-handled fiction story. Stories may combine humor, mystery, adventure, action, characterization and other good story material.

While the first purpose of Physical Culture is practical self-help in health-building, yet the element of inspiration is equally as important. The idealization of health, strength, fitness and personal efficiency, is almost as important as the knowledge of how to build health. Inspiration as a stimulus to endeavor has a practical value as great as pure instruction. Even when space is limited, therefore, we endeavor to publish at least one serial story for the sake of furthering the development of healthy ideals of life.

Address manuscripts to Novel Contest Editor, Physical Culture Corporation, 119 West 40th Street, New York, N. Y.

Every story submitted in this contest to be awarded a prize must be considered worthy of publication by the editors.



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How I Traded Physical "Torture" for Physical Culture

I was a little, puny lad, pale, emaciated, and scared of my own shadow. I seemed, in addition, to be gifted with a mind full of vague superstitions and haunting dread of some ever-pending calamity. I could see for myself how my folks, as well as everybody else, had charitably relegated me to a prospect of passive despair—a hopeless case.

Their early predictions were being fulfilled daily. Nearly every day I would come home from school, the victim of the boys. If there was anything I had that the boys wanted, they just took it, or else they pummeled me on general principles, or perhaps for manly exhibition. At any rate, I was invariably the party of the second part.

Rounding into the adolescent age, through the period of approaching manhood, I began to experience a feeling of shame and despair as I compared the size of my physique with others of my years. I was the living exemplification of a toothpick, puny, soft-muscled, and far from strong. With this feeling of shame came a desire to be like others. I watched them closely for clues to their manly qualities. I discovered how many of them played at smoking as an active subterfuge, and followed suit accordingly. The "manliness" of it consisted in the "wise" expressions and actions as one lit the cigarette, and in the consciousness of others knowing you were capable of using such a strong and bitter substance as tobacco. Also, it served as a toy to the nervous fingers of a youth like myself. Eventually, it drifted along into a regular habit.

I reached manhood no bigger nor better, and the worse for constant smoking. Nervousness, weakness, habitual constipation—these were my regular physical attributes. Amongst men I was not a man, and amongst the fair sex an object for either jest or pity. Due to my hopeless, skeleton figure—stoop-shouldered, flat-chested, humped-back tendency—no sort of clothes ever made could become me. There was no manner of hat made that could fall in harmony with the odd, bony contour of my haggard face, with its sunken eyes and outstanding ears. Certainly, I lacked the gift of "appearance," or what is commonly termed personality. My state of mental dejection, perhaps, accentuated my features to more marked disadvantage. Athletic contests found me exempted; socials or parties conveniently "overlooked" me. To all intents and purposes I was isolated from participation in human comradeship.

I had learned no profession, and my economic status ranged in a bedlamic succession from messenger and factory hand to jack-of-all-work. This meant a

bare living, nothing more. Yet, what could I hope for when I had neither physical nor mental qualifications to command anything better? True, I dreamed of better things, but this never was more than a mirage, that I had not the stamina to acquire.

Fortunately, I inherited enough intellect to discover and admit my shortcomings. Maybe you will realize how I felt the burning shame of physical inferiority when I tell you that I saw the girl I set my heart on snatched away by a bigger, more prosperous, healthier—admittedly better—man than I was. That was the knife point that cut deeply into already wounded pride. But it set before me a burning ideal for health and physical perfection.

I became a follower of Darwin's applied philosophy, that in the bitter struggle for existence only the fittest can survive; that in the process of natural selection the weaklings are ultimately destroyed; that endurance calls for strength, stamina and restraint.

I went to work on myself with a vim, much as a zealous convert might display in regard to an inspiring religion. My first step was to join the Y. M. C. A. This made a program of two nights weekly in gymnasium classes, which included calisthenics, apparatus, recreative games, shower baths, and swimming. Two nights weekly, without fail, for eight years, is how persistently I went after health! Also, I devoured every bit of literature on physical culture that crossed my path.

My relatives and acquaintances at first heartily laughed at me when they saw me doing calisthenics at home, or walking long distances when I might take a street-car. They not only called it a fad, but voiced their opinion that I was "cracked"—particularly when they saw me sleep with open windows during winter weather. However, my turn to laugh came soon enough as I began to outstrip many of them in weight, color, appetite, immunity from disease and colds, and in muscular strength. One of my sarcastic friends nearly died of self-disgust when I beat him in a specially arranged mile run.

On having attained real, enduring health through a relentless program ever toward that one goal, I realized that I had just begun to live. A veritable fit of enthusiasm, ambition and self-confidence seized me. I was determined to make good in the world. I could not begin to tell of the tremendous courses in self-education I underwent, with the red blood calling on my incentive. I proceeded to quench a burning thirst for knowledge, reading the popular sciences and the masters in literature;



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I am convinced beyond change that there is but one alternative to those who refuse physical culture, and that is physical torture.

A Chant Royal in Praise of the Physical

By Harry W. Kimball

I am blessed in the flesh God has given,
Beautiful, sweet and electric shall be this
shrine of the soul.

I delight in the laws of my physical
nature,
And obey them with gladness of heart.

I rejoice in the care of this temple of life,
Keeping the muscles firm-fibred and
strong,

The flesh aglow and awake,
All motion lithesome and free.

Cleanly without and within will I live,
Unhampered by fashion or mode,
Simple and wholesome the food that I eat,
Abundant the water I drink,
Pure is the air that I breathe.

The peaceful repose of the night,
The strength of the morning's awakening,
The zest in the task of the day,
The poise in my converse with folk:—
Are daily the joys of my being.

When I go forth, breathing deeply,
Feeling the thrill of the spaces open and
free,
Walking afar with rhythmical motion,
It blesses both body and soul.

My flesh is a delicate instrument,
Attuned for the use of the spirit;
They pulsate in perfect accord.

A lover of nature and life,
A slave to the laws of their glory,
Magnetic in friendship and love,
Surcharged with the power to achieve,
I radiate confident strength.

Sing then the praise of the physical,
The abiding place of the person,
And daily glorify life
By healthful and vibrant well-being.



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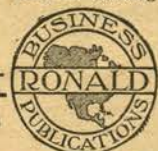
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Bernarr Macfadden's Encyclopedia of Physical Culture Reveals Nature's Methods and Secrets of Perfect Health. A Wonderful Service for Those Wishing to Banish Sickness From Their Lives and to Gain Glorious Health That Never Skips a Day, a Powerful Physique, and Vitalized Energy Unlimited—Don't Fail to Read About This Special Free Offer.

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You rule your health as surely as you rule your actions. If you are not enjoying the 100 per cent health which makes life so much worth the living it is merely because you haven't employed the methods provided by Nature to keep you well. "But what are these methods?" you say. "How can I learn these secrets of glorious daily health?"

These methods and secrets of perfect health are now unfolded to you. The lifetime experience of Bernarr Macfadden, America's greatest health advisor, is now put before you. In his wonderful five-volume Encyclopedia of Physical Culture are the methods which have brought perfect health to thousands of sufferers from all manner of ill-health.

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\$4100 is about what sickness costs the average person during his life-time. The person who does not understand Nature's methods of preventing and curing sickness is ill an average of 21½ days each year—or a total of about 3½ years in his life-time. Suppose that person earned the very moderate salary of \$20 a week—his total loss would be about \$3700. Then think of the worry of sickness, the inconvenience, the doctor and hospital bills, the pain—whatever of this can be figured in mere money would bring the average person's loss because of sickness to about \$4100.

Why be among this class who must be economical in order to pay bills due to ill-health, who must suffer the pain and inconvenience of sickness, all because they do not know how to *build health*? Thru Bernarr Macfadden you can learn the methods which will bring you the perfect health and powerful body you have always wished for.

Feel 10 Years Behind Your Real Age

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ture's methods of keeping you healthy will keep you young too. Learn them. You can look and feel at least ten years behind your real age. Thru learning Nature's secrets Sanford Bennett at 70 brought himself physically back to 50. You too can apply the natural methods of bringing back youthful "pep," vitality, and bodily vigor. Thru these methods hundreds have been guided by Bernarr Macfadden to renewed youth and wonderful health that never skips a day.

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The Daily Guide to Perfect Health

Guiding health seekers for more than 30 years—this has been Bernarr Macfadden's preparation for this remarkable work, the Encyclopedia of Physical Culture.

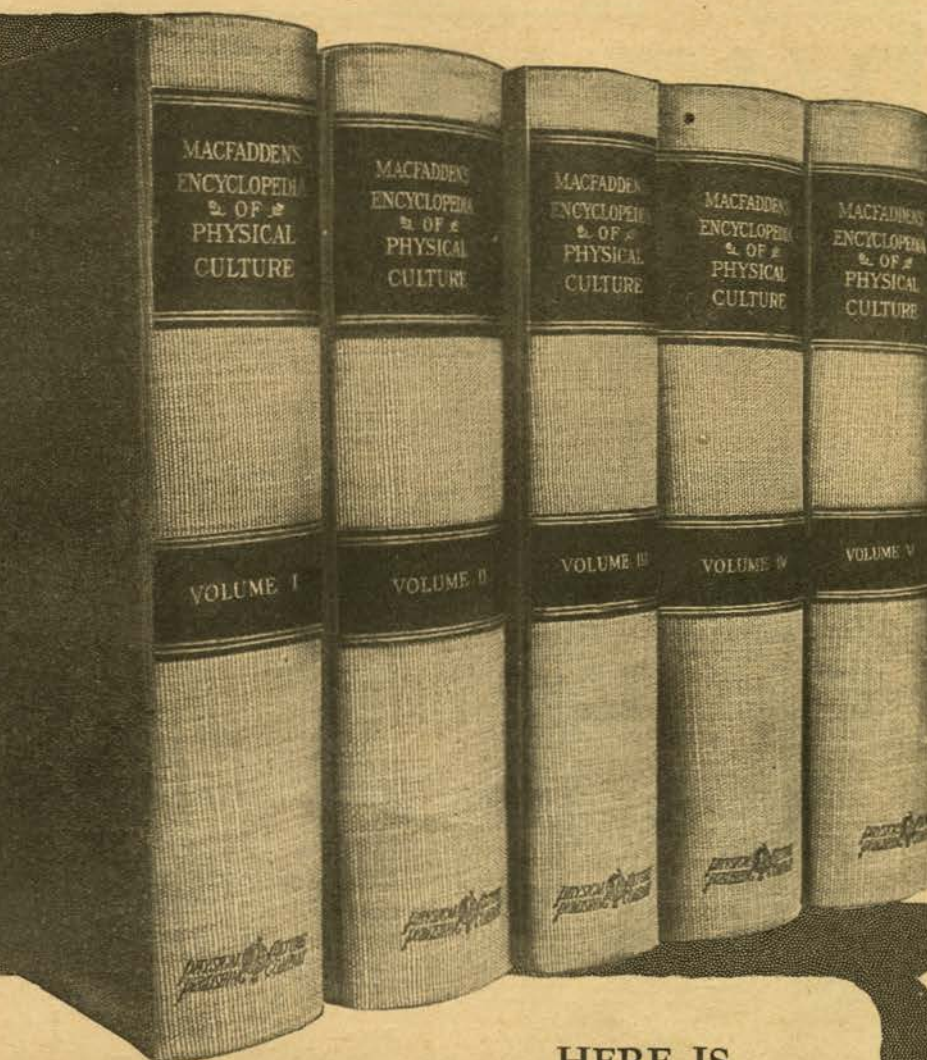
This great work is a complete "natural-method" doctor. It tells how to build health, vitality and strength for every member of the household, young and old. It describes the symptoms of every known disease and gives detailed instructions for treatment. It contains invaluable information on fasting, diet, exercise and hydrotherapy for health and beauty building. A thorough and extensive treatment is given of the laws of sex, the attainment of virile manhood and womanhood, and happy, successful parenthood, together with details for the diagnosis and treatment of all sexual diseases. Handsomely illustrated charts on anatomy and physiology are given.

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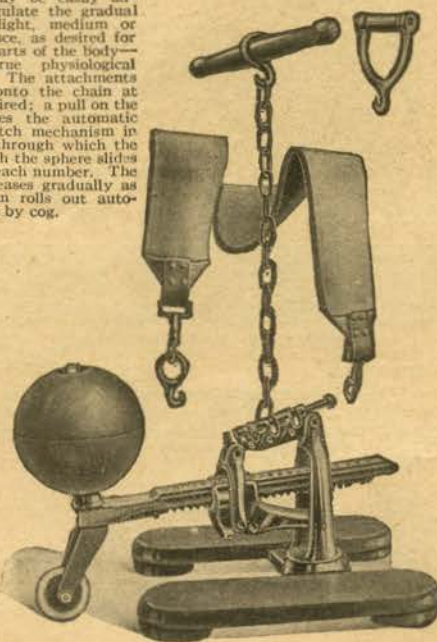
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P. C. Mag. May, 1920



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Spend just two minutes with your "Star" after you shave and note how quickly the blackheads disappear. Note how soft, smooth and free from oil your skin will be. Then massage your hair and scalp. Keep the hair roots live and healthy and you'll never be bald.



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Vigorous men and women do not get old prematurely. Their bodies are constantly kept tuned up to meet *any* of life's problems. *Yours*, too, can be. The publishers of Physical Culture know us, believe in The "Star" and are familiar with the remarkable results it brings. You take no chance in sending the coupon. Satisfaction absolutely guaranteed or your money back. *Right now* is the time to act for health's sake! Fitzgerald Mfg. Co., Torrington, Conn.



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Address

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